

IELTS Writing Task 2 | PROBLEM / SOLUTION ESSAY with Jay!

so you can get these videos when we produce them all right let's have a look at this chat here we're gonna get some examples exemple Chandra Mohan the junk food intake and not managing time to to take rest will lead to high stress good you could it's always good to just say for example or for instance why because the IELTS examiner's very quickly read your essays and when they see these key words at least they know that you've given examples it's just embedded in there as a sentence it might get overlooked Ruchi for example stress often leads to frustration and people start neglecting their families good example or don't kudos for instance there's been found according to a study that having eating a balanced diet reduces your stress hormones and physical activities such as swimming and walking make you relaxed excellent so you've used a fake study but that's fine this isn't about you know having good references or telling the truth even it's just it's just a writing task to test your writing so 99% of people know that exercising and eating leafy greens will improve your stress related illnesses for example cool so we've given some examples excellent now we need to conclude this is the final step we conclude by writing one of these sentences that makes the whole paragraph logical and this links back to here right let's have a look at my concluding sentence I said therefore in order to reduce work-related this is the mistake I made before work-related stress in order to reduce work-related stress one must include a better ratio of work rest recreation and dietary sustenance it's always this is a nice little to conclude with therefore or you can say in summary that's also a nice way to bring a concluding sentence in summary or yeah those two are probably best so see how you go writing your concluding sentence you conclude your solutions all right let me have a look at this chat so nice concluding sentence that wraps up your paragraph here we go therefore people should consider their diet properly good that's just one solution so favorite le I hope you've mentioned more than one solution so people should consider their diet and their physical exercise regimes carefully good Ruchi therefore to maintain good a good stress-free life one should have a healthy diet and exercise on a regular basis beautiful you can see how that final sentence of the paragraph really just pulls it all together and makes it coherent it's a really nice thing to do that final sentence it's important if you just finish after your examples it's not ideal it's not a coherent paragraph you want to make it coherent oh no to recapitulate it is essential to have a balance between work and diet so as to cope with stress beautiful persona thus if it lasts is a good one by the way that's fine and so is to recapitulate thus physical fitness and well-planned finances are key to a stress-free life excellent that really ties back to the question prompt about stress-related illnesses what are the solutions good excellent well done that's looking good that's looking good so this was my paragraph to wear first of all I mentioned the two solutions then I give a reason then I give an example then I give a sort of concluding sentence and I've written a very logical s paragraph that links back to that question prompt it's spot-on cool let's think about how to write the conclusion and as we saw at the beginning the conclusion is exactly the same as the introduction all that changes is instead of saying we'll discuss and we'll suggest you say this [operation management essay](#)

discussed this essay suggested because in this paragraph in the introduction you tell the reader what you will tell them here you tell them and then here you tell the reader what you told them again that makes that logical beautiful essay structure here's my conclusion I'll read it to you then we'll break it down sentence by sentence in conclusion in today's fast-paced world more and more people are becoming ill as a result of stress this essay discussed how stress is often caused by long working hours and intense workplace pressure this essay also suggested that the solutions to this problem are twofold I've forgotten to put my diet thing in here hmm would I get an IELTS nine because I've forgotten to mention diet in this conclusion it should be long working hours and poor diet