TOPIC; Cause-effect essay (Topic: Stress)

Description

I need help writing my essay. It is a Cause effect essay about the causes of Stress. Please refer to all the files provided. Some sources are provided already but additional sources must be used and cited. In total 8 sources. The evidence provided in the outline must be used, however note that the evidence does now explain HOW it causes stress, hence that must be explained and analysed. read all of the documents CAREFULLY