

Stress is one of the main causes in decreasing the efficiency of our performance in daily life. Stress may lead to bad health and mental depression. In order to overcome ~~the~~ stress, it is necessary to investigate how it is created primarily.

According to many studies in this context, the first cause is the additional secretion of a steroid hormone named Cortisol. ~~Cortisol~~ this substance is produced from two glands located ~~ing~~ on the top of each kidney and it plays an essential role in body metabolism. There are some habits like drinking alcohol or coffee and eating sweet foods that stimulate secretion of this hormone. These harmful habits must be abandoned as much ~~far~~ as possible.

From another aspect, one should consider psychological circumstances since they are very important especially if we study stress as a mental case. For instance, you might feel better if you talk with your friends or spending time with them. There are a number of things such as reading, painting, watching movies ~~and so on~~ that you can do to reduce your stress. Furthermore, I believe that you must take a trip from time to time. Visiting new landscapes, facing new cultures and finding new friends are a few ~~some~~ ~~of the~~ examples among many which make you feel better through traveling.

So, it seems that for the reduction of stress we should **change** meal plans, **exercise** regularly and **do** something interesting for us. If we can manage our stress effectively, it will be possible to increase our performance level and reinforce our role in ~~the~~ society.