

**More and more people claim that modern life is a source of stress. What do you think are the cause of this? Can you suggest some possible solutions?**

Our forefathers had always been imagining that their next generations would have more life and would live in higher-level standard situations. However, unfortunately, it seems that the vast majority of people live under stress. Psychologists and neurologists have conducted a large number of studies about the reasons of stress. Paying attention to money and our goal excessively, having fruitless foods and fruits and having the unsuitable lifestyle are some factors which have the effect on our minds and bodies which ~~makes-creates/cause~~ stress in the course of our life.

These days, people always ~~made-make~~ their effort to earn money and it is conceivable that some parts of it will never ~~be spent~~ to make themselves happy. Moreover, the people just allocate all their time for reaching their goals, including ~~the~~ education, ~~the~~ job promotion and their family accommodation. Consequently, they work all their time which ~~makes them -not only do not they not only~~ feel satisfied, but also they feel that life flows rapidly, and ~~gets~~ them stressed. Paying attention to all the moments of life and enjoy it instead of working is one of the solutions which is advantageous.

Unsuitable diet and futile foods and fruits such as some kinds of fast foods and inorganic fruits, which are very convenient today in our society, ~~makes creates~~ shortage of ~~the~~ necessary ingredients in our body which hurts our brain and physic. As a result, one of the effective consequents of it is that the people feel stressed. Having organic fruit regularly and useful foods, ~~and~~ in addition, using dietitians' advice to have ~~a the~~ balanced diet absolutely ~~helps~~ the people who suffer it.

Our lifestyle, also, has ~~the~~ influence on our physical and mental health. It is proven that both lack of enough exercise and sitting behind the ~~desk table(sedentary lifestyle)~~ for working, studying, gaming or other activities are related to getting stressed. In other words, while technology is providing a lot of

benefits for men, and improves the ~~medicine~~medical level, ~~it is~~ has caused us to meet some problems like atrophying the muscles which is the source of stress. As long as we revise our lifestyle and have ~~the~~ physical exercise, the body reforms itself and it makes us feel better, moreover, the stress rate will be reduced ~~combated~~.

The people absolutely are able to improve/enhance ~~get~~ their life ~~better~~ just by living in the moment and paying attention to their life, having worthwhile nutrition and exercising every day. ~~These~~ aforementioned sources of stress will be managed day by day, provided that a balance between work and life is made.