Some physiologist~~s~~ recommend that it is important to overcome stress by spending time do~~ing~~ nothing~~.~~ to what extent do you agree or disagree?

Over the past few decades stress has become one of the chief concern of modern society, sparing some "me-time" is highly recommended by ~~physiologist~~ psychologists in order to partly diminish ~~some amount of this stress~~it. I wholeheartedly advocate the given suggestion and I will outline my explanations behind this.

To begin with, keeping life-work balance is known to be one of the profound measure of well-being which has seem insurmountable in the digital age. Modernized citizens, who are struggling to meet the exorbitant cost of living, suffer from mental and physical strain in the form of stress, tension and inadequate sleeping. Besides, living as a city-dweller means you are exposing yourself to various kinds of pollution and traffic congestion ~~in~~ which leads them to a hectic lifestyle and physical diseases.

Though modern amenities provide people with a wide ranges of recreational activities from different artistic courses to spa centers, on top of them leaving them behind and ~~take~~ taking a break ~~is~~ are probably more beneficial to relieve stress and tension. If some specific time is ~~being~~ allocated for relaxation of both the brain and body, then the whole mental and physical system could refresh itself to act more productively. Meditation as a mindfulness activity might be an excellent case in point. Giving ourselves a few minute daily to perform ~~anything~~ nothing but enjoying, could reinforce our physical and mental function for the better.

To conclude, from my prospective "me time" is a must-do ~~thing~~ for everyone in that the modern lifestyle has kept us away from the nature and tranquility.