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Topic:

Some Psychologists think that the best way to overcome stress of everyday life is to spend a portion of the day doing absolutely nothing.

To what extent do you agree or disagree?

It is a given that stress comes in many forms. In addition to regular everyday stress, it can be triggered not only by hardship and suffering but also by good and happy things, all of which leave us feeling exhausted, overwhelmed, scattered, and aggravated. Some hold the view expressing that meditation is the most advantageous method to handle the daily stress whilst the opponents of this notion insist on the differences of people's characteristics and various reasons causing the stress, so they believe although this approach is purely appropriate, it cannot be the most applicable in all circumstances. I personally confirm the latter idea.

Psychologists' research shows that one of the effective manners to manage the daily stress is to find a sacred and tranquil space assisting people in meditating just 10 to 20 minutes per day which not only brings an incredible sense of relief from chronic stress but also increases people's tolerance towards it. Due to the fact that in response to these regular everyday stresses, our body automatically ~~spurs~~ increases blood pressure, heartbeat, respiration, metabolisms, and the blood flow to our muscles in order to reach quickly and wisely a high-pressure situation. This over-activation of our stress hormones ~~have-been-leaded~~ leads to high blood pressure, heart attack, lower immunity, depression, and anxiety, so committing ourselves to spending at least 10 minutes a day in a proper spot which can be defined as a mindful approach to life helps us to experience the condition involving paying attention to our thought, feeling, and body in the way to boost our ability to manage acute situations and make wise choices.

On account of various grounds which can stimulate our daily stress such as work deadlines, traffic, and family obligation and the difference of people's

personalities which lead to a huge number of effective ways to deal with stress offering by psychologists and psychiatrists. It may sound far-fetched to choose the most superior method for all people and in all stressful circumstances to manage and control it. When it comes to alleviating stress, there are some other solutions propounded ~~eding~~ by prestigious scholars. To illustrate, changing lifestyle may be by far the most fruitful procedure in some circumstances; that is to say, choosing good nutrition, limited intake of caffeine and alcohol which actually disturb regular sleep patterns that prevent related problems such as insomnia, poor concentration and the low mood, ~~doing~~ adequate exercise a popular way to ~~relief-~~ relieve stress and balance work and life are some solutions to cope with the inevitable regular stress.

In conclusion, although meditation is one of the most effective ways to alleviate stress, from my point of view, there are some other steps that can be taken to tackle the daily stress which may be by far more beneficial in some conditions.