

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?

Stress is a pressing issue of our lives in recent decades. That is why psychologists try to find a proper way ~~reducing-to reduce~~ anxiety among modern populations. There are different views whether doing nothing for a short while by each day long that might ~~helps burn~~ing the tension away or it is not ~~that efficient an approach~~ anymore. I maintain that it would be more practical to vote for ~~psychologist's-psychologists'~~ recommended solutions to cope with such traumatic situations. This essay will turn the ~~spotlight~~ on the following ground.

On one hand, opponents criticize the perspective in which free ~~of-from~~ everyday tasks for some hours is a proper method ~~for eliminating~~ anxiety. That is to say, everyone should find the way which works the best for ~~themhis own~~. To illustrate more, physical activities like doing aerobics make our bodies ~~sparkle~~ing endorphins that lead to ~~makinge~~ us ~~feeling~~ happier and more relaxed. Moreover, others try to change the annoying environment that ~~is are surrounded-surrounding us by~~ and also ~~avoiding~~ situations ~~that~~ seems more likely to be stressful ones. To add more, some individuals try to reframe their lifestyles by dropping unnecessary tasks to the bottom of their to-do list ~~just in case~~ ~~if~~ they have got too much ~~in-on~~ their plate. Besides, physiologists recommend ~~to-voice~~ voicing your feelings in order to get rid of nervousness. Here, I mentioned lots of solutions for ceasing stress in lieu of engaging a ratio of free time with no chore during the day.

Advocates, however, hold the ~~believe-belief~~ that you need a bit of a spare time every single day in order to reduce the whole tension you have held on your shoulders. By possessing a time nothing to do with routine tasks, ~~I mean~~ ~~we should~~ try to be relaxed and let everything ~~goes~~ at ease. It is also noteworthy that the pressure within each person involves ~~a reason-stems~~, so it is better to draw our attention to the roots of problems where they ~~are stem~~med from, while we are spending ~~a-our~~ spare time. As long as the fact that there are occasions in life beyond our controls it is ~~better of-to~~ learning how ~~to face~~ major challenges and increase the resistance to stress.

All in all, we should own up to the truth that stress narrows our ability to have a quality life but having nothing to do for some ~~proportions~~ during the day might not ~~be~~ the best approach to help ~~eliminating-eliminate~~ stressful conditions. That stress is not a one-size-fit-all subject is a given, thus everyone should take the appropriate step of his own, That is why I am ~~inclined~~ ~~fail-to be~~ side ~~of-with~~ the latter view.