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.

Although it is true that one of the sources of stress is tiredness and people deserve to have time to release it by doing nothing in a portion of the day, it is not absolutely enough, and we should take some measures for tackling this issue.

In this rapidly changing world, due to people's ~~nowadays~~ modern lifestyle, they tend to dedicate some hours a day to resting and ~~become~~ becoming ~~idol~~idle. The more they could be relaxed without any thought, the more they could rejuvenate and refresh their minds and also their bodies, hence their freshness in the next day's affairs. However, psychologists claim that it is a difficult situation that someone is workless/jobless and they do not think about ~~their~~ the source of the problem~~s 's sources~~. Other than that, spending some time in a day deliberately doing nothing, people have a chance to disconnect themselves from their everyday tasks.

Also, I opine that both doing exercises and ~~activating~~ engaging in outdoor work such as playing games are more effective for relaxing than being passively doing nothing because of some reasons. First and foremost, it is scientifically proven that engaging in physical activities leads to releasing endorphins which makes us relaxed and ~~have~~ has significant effect on our mindset and thinking pattern. Last but not least, in spite of being idle and doing nothing, it is difficult to not think about or reflect on daily problems. Moreover, when people perform physical workouts, not only do they concentrate on their exercise and forget everything, but also they feel more comfortable and relaxed.

In a nutshell, that ~~have~~ having complete rest in order to overcome stress is essential for all of us is indisputable, but we should enhance it with other social and physical activities.