

Some psychologists think that the best way to overcome the stress of everyday life is to spend a portion of the day doing absolutely nothing. To what extent do you agree or disagree?

In the modern world, not surprisingly, stress is the by-product of a high-pressure and fast-paced lifestyle. Although freeing up a daily program is believed to be the best approach to curb stress, I am not in complete accord with this view idling cannot be the solution. The cogent argument will be presented in details.

To begin with, it is undeniable that daily activities expose humans' body and his— their brain under extreme pressures and tensions but being idle cannot be a practical remedy to this issue. To illustrate more, we might be able to get rid of our activities sometimes in a day, but the distractive and stressful thoughts target our brain all the times. For instance, even when we are lying down in our bed and resting, loads of negative thoughts attack to our mind, increase our anxiety and prohibit us from having a peaceful sleep. Moreover, it has been observed that the majority of employees who are having a regular break during a day, when facing to a tough situation, lose their coolness, patience and display anger and stressful behavior to

their clients. As a result, stress is not a phenomenon that can be simply overcome by just relaxation.

On the other hand, if we dig a little deeper in order to determine the reason for stress, we need to have more personal growth and change, especially in our daily schedules. In other words, instead of doing absolutely nothing, it is better to take part in pleasant and cheerful programs and experience other fruitful alternatives. We could go to music classes for example and learn to play a musical instrument or ~~playing~~ exercise a specific sport. These activities not only could mitigate our stress but they ultimately bring joy, pleasure, and inspiration to lives. They also could give us adequate mental and physical energy to encounter problems in life and resolve them in a rational way far from anxiety and stress.

To sum up, I tend to agree that the aforementioned method offered by some psychologists is an inefficient way to relieve our stress. Other alternatives such as music classes and playing sports are more practical in achieving this goal.