

It is a fact that people nowadays are under a lot of pressure and their lives are becoming increasingly stressful. What could be the possible reasons for this? What are some solutions to address this issue?

Our sedentary lifestyle which can cause severe health problems ~~has have~~ become a hot topic for debate in recent years. Comparing our way of life with our ancestors we can easily recognize a big gap between our hectic pace of life with what people lived even fifty years ago and this is while a growing number of people believe that we have an ~~n easier more easy~~ and ~~more~~ comfortable life than ~~the~~ people who lived before us under the benefit of technological advances. In this essay I am trying to argue / explore / discuss both views (supporters and?!?!)

Due to recent advances in science and technology labor forces are obliged to work harder and longer than before to fulfill the demand of their employers. The competition among super power companies have become harder and closer and this can lead to more stress for the workforces. Labor forces have to keep updating their knowledge in their field if they want to continue ~~to be~~ valuable for their employers and employers have to keep up recruiting new skilled workforce if they do not want to lose their market. Demand for higher standards of living is a fact that does not stop and all these facts ~~in~~-together can lead our life ~~to be~~ full of stress and pressure.

On the other hand, many people believe that although we are living under intolerable stress and pressure, ~~but~~ scientists and ~~psychologists~~ have found some useful ways that can help us tolerate this amount of stress and pressure. There are some motivational speakers ~~s and~~ writers ~~and~~-claims we can even enjoy our life. Training courses like stress management technics besides a healthy diet and regular exercise can help us to handle our busy lifestyle and in worst case a psychologist can prescribe special medicines to normalize ~~the~~ level of our stress into ~~a~~ standard level.

In conclusion, I can say that although it is true that we are living under more pressure and stress than our ancestors, we are benefiting from recent advances in science and technology in various ways of our life. We do not have to forget that not many years ago people could easily die from diseases that we can ~~easily~~ cure ~~them~~-now and ~~the~~ quality of our lives ~~s~~ have dramatically improved ~~compared~~ ~~to than~~ before, so instead of just nagging we can use the solutions ~~s~~ mentioned earlier and enjoy our hard life.