On Stress

With the fast are pace of modern life,more and more people are living under great pressure.

Some people are afraid of pressure.They think that the stresses and strains of work deprive them of joy and happiness.In their view,stress does harm to them both physically and mentally.That’s why they prefer something less competitive and strenuous to something more demanding and challenging as like public officials.

Others argue that stress isn’t as bad as it often supposed to be.Unless it is overwhelming,a certain amount of stress is vital to provide motivation and stimulation.With out stress,you may slack off and idle away your time.It gives purpose and meaning to an otherwise meaningless,dull life.People under stress tend to bring their potential into full play and to realize their goals.

In my opinion,we shouldn’t escape from stress but to face it as it is.What we can do is to adapt to the stress and to profit from it rather than to avoid it.l