**A person's response to stress is determined by their genes.**

This is only partially true. Genetic characteristics contribute to how a person responds to stress, but do not completely determine this response. The response to stress also depends on what exactly this stress caused (the response to terrorist attacks is stronger than to disasters of comparable magnitude without malice), the duration of exposure, and the acquired ability to cope with stress.

**Stress is caused only by negative emotions**

It is not true. Stress is a reaction of the body, which indicates that the body is going out of a state of homeostasis, that is, equilibrium.But getting out of a state of balance is necessary for life in order for a person to develop. Therefore, it can be stressful to be in love, to perform in front of a large audience, that is, things that are quite comparable to a good life. Thus, stress is essential to life, and it is, in principle, associated with any situations in which we are worried.

As for negative emotions, for this case there is the concept of "distress", the so-called bad stress, when the negative emotional states experienced are either very intense or chronic.

**For residents of a metropolis, daily stress is inevitable**

This statement is only partially true. Stress is a condition that occurs when the human body is exposed to stimuli to which it is difficult for him to adapt. These stimuli can be very different - from loud noises to conflicts with others. In a big city, we come across such incentives quite often. However, in this case, there are three limitations. First, many stressors are encountered by people living not only in large, but also in small settlements. These include, for example, working conditions that make a person feel very physically tired or feel unfair.  
 Secondly, even in big cities, different people are in different conditions: someone gets into an old, crowded train in the morning, and someone in a comfortable express train;

And finally, thirdly, the influence of many stressors depends on our interpretation of what is happening, our attitude towards it. Imagine that two people have a difficult problem to solve. One person thinks, “Here we go again! I do not know what to do. I will not be able to solve this problem, and I will be fired from work. " In other words, he perceives it as a heavy burden that can cause serious trouble. Another person thinks differently: “How interesting! I don't know what to do with it, but I will definitely come up with it and achieve success. " He perceives this task as a challenge that he can answer.   
As a result, the first participant will experience stress more quickly than the second. A simple conclusion follows from this: yes, the big city constantly throws us incentives that can cause stress, but we are able to increase or decrease their impact.