* Which one of the following would you change to improve your health?

1. The kind of food you eat  
2. The amount of exercise   
3. The amount of stress

In today’s world, staying healthy has become an issue for most people since there are miscellaneous factors which might put it on the line, compared to the past. Therefore, Individuals might take different measures to improve their health, like eating healthy food, exercising or controlling their amount of stress. I personally believe having less stress is superior to other options in order to possess a better state of health, both mentally and physically. I think this way because of some reasons, two of which will be explored in the following essay.

First and foremost, being stressed might hurt your interpersonal relationships.

As far as I’m concerned, social networks have an undeniable impact on our mental health. In my opinion, people who can have fun and spend quality time with their loved ones are often more satisfied with their lives, which puts them in a better state of mind. For instance, one of my classmates in high school used to be stressed out all the time. Having this issue for a long time, she would negatively affect the people around her, and put them in stress, too. I remember once when I went for launch with her, she kept reminding me that we should hurry up not be late for the next class, and obviously I couldn’t have a nice time eating my launch. After a while, as a result of her behaviors, she couldn’t spend time with any of her classmates, nor would she help feeling lonely. She became depressed, and used to visit our school psychologist to help her with her mental health. Had she been more relaxed and friendly, she wouldn’t have experienced loneliness and such mental issues.

Another equally important reason is that your body is directly affected by your thoughts and mental state. Your organs can’t function well if you are under lots of pressures. For example, the more you are stressed out, the faster your heart beats, and the more you’re at risk of having a heart. A study was recently carried out in my country which demonstrated the impact of economic crisis and growing price of essential products on the death rate caused by heart attacks in the society. As the price of dairy product increased each day, people with lower incomes felt more and more under the pressure of providing for their families. Hence, they became stressed to the level that would put their physical health in danger, and disease such as cancer, high blood pressure, etc. became more prevalent in the society. So, as the research has shown, having stress can harmfully affect our physical health to a noticeable degree and even lead to a fatal end.

To sum up, I strongly believe being relaxed and having the control of our stress level is the key of a healthier life. That’s because not only does stress destroy our mental health, but also it has a great impact on our body and physical health.

No. of words = 491

Average time = 75 min!!

Although the time spent on this essay was pretty shorter than the previous one, I know that it takes me too long to write an essay, but I can’t help it, because I can’t choose between the ideas and words that come to my mind. I get stuck in the middle of the writing, thinking what would be the right choice of words or sentences…

But I have to mention that I haven’t written any other essay during these 2 weeks, except the assignments.

Should I try to write complete essays on other topics besides my assignments?

What would help me with managing time?