**If there’s a way to improve yourself, which one among  
the three choices you would take?  
take more exercise  
eat healthy food  
reduce the amount of stress**

In today's world, due to the complexity of modern life, people’s tensions are in an alarming rise, and approaching ways to get away from this amount of stress is veritably critical. Although taking more exercise and eating healthy food are also important, if I chose one of which, l would definitely take a way to reduce my stress. There are numerous reasons, among which two stand out.

The first noteworthy point regarding the issue is that, one of the decisive factors which threatens human’s healthy, is exposing people in stressful environments. It is well documented that there is strong meaningful relation between the amount of stress may people experience and contract serious diseases like cancer, autoimmune disease, diabetes and so on. As a result, find ways to get rid of tensions could directly affect people’s health. According to a research which has recently conducted in my country, the rate of a contract to cancer in people having a stressful career like those who invest in the stock market and merchants are striking higher than that of other jobs. consequently, overcoming the stress which many people deal with in society, is one way to enhance people’s health.

Another equally significant point to be mentioned is that acute anxiety is one of the reasons which plunge people’s efficiency while they are working or studying due to the fact that they could not concentrate on their duties as well as when they are unwind. The more they feel stress, the less they could concentrate. take my personal experience as a compelling example, back then, when I was defending my thesis for my master's degree, I felt stress a lot and I was not able to be as perfect as I really was. Although I was professional in my field of study, I could not express my best and be efficacious. I believe that had I overcome my stress, I could have had effectively function and gotten better achievements I really deserved.

In short, all aforementioned reasons lead us to the conclusion that tackling the cause of stress, it has been of great importance to stay not only healthy but also focused. That was a story in the nutshell; actually, there are some other reasons and examples, challenging the claim, which are not mentioned above. Finally, it is suggested that provide educational system and workplace with stress-free environment could have immense progress in society.

Words: 400

Time: 45 minutes