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Stress Of A City. How To Get Rid Of It?

Today many complain for our nervous century - the concept "stress" was included into everyday use. Why are so many of us subject to stress? Results of researches of the American scientists, published in magazine «the Family circle», allow to answer this question at least partly. For certain, if to conduct such a research in big cities of Russia, results would be similar.

How do the stresses occur?

The majority of people in reply to a question what they see the basic source of a nervous tension, complain of a lack of time and excessive quantity of affairs which are necessary for executing. It is found out that modern Americans on the average work 300 hours a year more than a quarter of the century back. The sensation of "the tired out horse» pursues many, and even has led to the term occurrence «chronic weariness», as frequent companion and originator of stresses. Thus it is not out of place to notice that Americans all the same are relieved of set of the household problems which are taking away of so much time and forces at our compatriots.

Economic problems are another one source of stress. A doctor Richard Erl, the director of the Canadian institute of stress confirms: «People live today in uncertainty atmosphere. Nobody knows what tomorrow will bring. It generates anxiety and alarm».

Experts in mental health mark: a dangerous source of sincere dissonance is a feeling of loneliness forlornness, emotional isolation becoming aggravated for a lot of people. Throughout many years America professed a cult of personal achievements. As the main value of the person he acted his own well-being. However, having concentrated on himself, the person suddenly finds out that it is surrounded by the same self-concentrated individuals absolutely indifferent to him and to his experiences. Today there is a balance of a state collectivism and energetic individualism. Someone from Russians has already felt that this brilliant medal has also a back.

From absolutely new sources of the stresses inherent in the XXI-st century, for townspeople there were disturbing expectations of terror threats, explosions, and captures of hostages. Nobody knows, where and when the next bomb will blow up and blood will spill.

Is it possible to live without stress? The science confirms - it is impossible. Life is a constant source of conflicts, and also any changes for which we should adapt. By and large life also is the main source of stresses; therefore it is possible to get rid of them completely only with death arrival.

If to eradicate the reasons of stresses is impossible, in our forces at least to arrange own life so that to be released from the unpleasant consequences of stresses, compensating negative emotions by positive.

Health - this topic is again urgent to a number of people. It is not surprising that now a great number of people are concerned about themselves with high assiduity. And while one part of people looks for taking care of themselves, the other one is considering how to set up [wellness home based business](#). Those who are going to set up this business, should possess some knowledge regarding [health and wellness trends](#) to gain success in it.

And it is the right time to remind we are living in the age of digital technologies. Use the Internet network to learn [wellness business opportunity](#) and how to get anything you require at the best prices available on the market. Check out forums and sites, subscribe to RSS - all this will help you achieve your goal.

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