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To begin with this question it has a lot of controversy and has no specific answer. In this case, everything depends on you. My life is connected with working on a computer and on the Internet, so I often spend time on work.

Of course, slowing down the Internet would decrease stress. However, to be serious, internet is a cool thing, but this is not a life. We spend a lot of time on the Internet regardless of the reason. Sometimes I really want to turn it off and not depend on it.

Moreover, all this internet world makes people sick, we all need some days off. Yes, days off, like its a job. Computer stress and Internet is a feeling of anxiety and nervousness experienced by people when their computers work in a different way than expected.

We know that this might seem a light matter for some people but it is actually a real problem. Computer stress can cause serious health problems and this can also decrease the productivity of the person concerned.

It is important to listen to ourselves and what we really want. If you reduce the impact of the Internet in our lives, it can reduce stress.

But the slowdown of the Internet will also make many companies work slowly, online stores will work slowly, registration at the airport will probably also be slow. This means that our life will slow down. The Internet affects our lives, but does this mean that it has become our life, it is for everyone to decide.