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As for me, I think it will not change my life, because most of the time I spend time with my husband and a baby. I use internet just for studying and watching some useful information. But, maybe sometimes this could freak me out when I download my textbooks, audio of videos. However, to be serious, internet is a cool thing, but this is not a life. Sometimes I want just go to a village, any village, buy a house and just "turn off" the whole this world. All this internet world makes people sick, we all need some days off. Yes, days off, like it's a job. This is a job for our souls, what do we do for them? We all need to listen to our voice from inside, what do we really want? And if we listen – we will notice that slowing down the Internet would decrease stress, and this is just a little part of its effects: families probably would stay together, divorce would not exist, because they will try to enjoy with each other, play games, etc. This what I wrote is just a little part of effecting.

Let us think global. Slowing down the internet will make a lot of companies work slowly, online stores will be slowly, airport check-in probably will be slowly too. What does this mean? Our lives will slow down. Internet influence on our lives, but does this mean that it became our life? This is another question.

So after all these thoughts, my answer is: first of all, of course it will increase stress, but just after some years we will be so calm, as we have never been.