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Modern man constantly experiences stress in everyday life. This is very noticeable in a large metropolis. Constant lack of time, traffic jams, home problems, all this negatively affects the human psyche and health.

We can no longer imagine our life without the Internet at home and at work. You can often hear advice from psychologists and doctors, to avoid stress you need to completely relax. This means that you need to turn off your phone and TV. But the result is the opposite. After five minutes of disconnecting the phone the stress increases, and the person himself reaches out to him to go to social networks, check email.

The Internet is a very useful invention of man. By logging into the world wide web we can instantly be anywhere in the world, find friends and information you need. I think that in work when you need to do something urgently, as well as when watching a movie at home the reduced Internet speed is very annoying. At the same time, you do not want to continue viewing at once. I immediately turn off the video or start being distracted by something else. In my opinion, the stress of a slow Internet can be avoided in a simple way-live communication with your family and friends. No social networks can replace simple human communication. You also need to set yourself up to be positive. This way we can avoid stressful situations and even positively affect the physiological health.

But the Internet has a negative property-it is addictive. Many people do not let their phones and tablets out of their hands all day long. There is a huge amount of information around us in the modern world. Many people start their day by logging in to social networks and checking their email. Such a large flow of information distracts attention. Many feel tired and lethargic from the very beginning of the day.

I think it's better not to go online in the morning. It is necessary to arrange a vacation from the Internet more often. You can just go for a walk, play sports and communicate with your family and friends not in social networks, but live.

The Internet needs to be dosed, because the constant presence in it negatively affects our psyche and even the body.

It is necessary to spend more time in the fresh air, not to start the day on the Internet, then there will be no such stress from his slow work.