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Many people feel the stress when they don't have eat, money, job and territory of residence enough. In the 21<sup>st</sup> century the internet takes the main place in life of people. A lot of people use social networking services: the Facebook, the Twitter, listen to music and watch videos in the internet. A big problem happens when the internet has slowing down. As, for me, I start to get nervous. I think that slowing down the internet increases the stress not only me. The most problems arise when turn off internet connection. This situation can happen during twenty four hours. The internet helps us to work and to study, people can't exist without it.

Let me think globally. Slowing down the internet makes adverse effect on productive business of many companies, online stores work slowly, airport can't serve the passengers quickly too. What would it mean? Our lives will be slowing down without the internet. It will influence our lives and we'll need it such as air. This is controversial question. Is our life better with internet or not? I want to give my opinion. The more internet makes progress, the more we feel us lonely. You ask me, "What you think about it?" I answer my mind, "There is many dating sites in the internet. Some men and women use this content for virtual meetings. This type of communication don't satisfy them need for affection, they feel lonely. Loneliness increases the stress."

So, after all these thoughts, I want to sum up what has been said. First of all, of cause, it increases the stress, maybe even suicide. But as we were as we wouldn't be in a few years. People will be able to decide to live with or without the internet.