 Most often, residents of  megacities  are stressed. People often worry about their time and are constantly short of it, worry about financial well-being and living amenities, everyone wants to have a good position, home, car, so that they do not be ashamed in front of friends, that you successfully complete the work or you are   late for deadline with project , because with a good   post , responsibility also increases. The idea that you can lose your job fills a person with stress, because now it is very difficult to find a job, and if you are a family person, you cannot be left without work. It is a permanent job , work over "work time" , work at home, a person begins to smoke or drink, get sick due to lack of sleep. Constant quarrels at home due to lack of time with loved ones and love. A person can simply forget that his child has a birthday or that his beloved wife is waiting for him at home, who would like to go to the movies together. But there is no time for all this. He is suffering, his family is suffering.

   All life is a race and stress. A person cannot relax, do what he loves, or simply break away from the world. Now one of the biggest problems of mankind is stress.