

Stress, a pervasive issue in modern life, can significantly diminish our overall happiness. The pressures" of daily life, whether from work, relationships, or societal expectations, can lead to feelings of anxiety and overwhelm. Moreover, unhealthy coping mechanisms, such as overeating, can result in weight gain, further exacerbating stress levels. Another critical concern is the alarming rate of smoking, which not only poses a significant risk to one's health but also increases the likelihood of developing cancer. The cumulative effect of these factors can have a devastating impact on our well-being, making it essential to adopt healthy habits, such as regular exercise, balanced diets, and stress management techniques, to ".mitigate their influence and promote a happier, healthier lifestyle