

# Stress in countryside is higher than in city!

- Once people in countryside lose their jobs, it is hard to find an alternative.
- Research has shown that people living in a crowd will naturally feel more emotional support. Besides, there are indeed more sources of support in cities.
- Monotonous lifestyle in countryside may lead to boredom, especially for youths. This causes addiction to drugs, violence, etc.

# Should we slow down our life pace?

- Research has shown that multitasking and overloading will lead to lower productivity: Researchers found that people working 4 days per week have higher productivity than normal.
- Lack of leisure time and social cohesion, lack of intergenerational bonds may lead to formation of dysfunctional families.
- Health effects such as sick-office syndrome: “Slow Food Movement” against fast food.
- France has made it illegal to send emails to employees after 5 pm/contact employees on vacation. Negative effects: slowdown in economics growth as part of the reasons behind “Yellow Vest”.