The journey of achieving life goals can be tough but one can achieve his life goals by eliminating the negativity and keeping a positive attitude. Life is unpredictable, it's like a roller coaster with twists and turns. Stress and anxiety can trap people in the web of life. Unfortunately, our society is less concerned about stress and anxiety and people are not properly trained how to cope with stress and anxiety. Stress, if not managed effectively, can lead to even more complexities in life. It can affect a person's productivity, creativity and focus. It is impossible to eliminate stress from life as positive stress is essential for growth and progress. However, when stress is not managed it disrupts the path to success and can lead to failure. Therefore, managing stress is very crusial for achieving goals.

Every life lost in the result of Israel's extermination campaign in Gaza is precicious. Israel are not differentiating between childrean, man, woman, old, combatant and non-combatant. They have been given orders by the Israeli President that there are no innocent civillians in Gaza. One of the targets of their extermination campaign is to silent the voices of journalists who are showing the world the injustice with Palestinian people and the aid workers trying to provide succour to Palestinian people. According to the Committee to protect Journalist's latest figures, at least 33 journalists and media workers have been killed since hostilities started on Oct 7; 28 are Palestinian, 4 Israelis and 1 Lebanese. One of the heart-rending stories was that of the Al-Jazera reporter, Wael-al-Dahdouh, whose wife, daughter, son and other family members had been masaccared

by an ↑ Israeli air strike. This clearly / /
shows that ~~they see~~ Israeli are
targetting the journalists and aid
workers. Global media bodies and
civil society, particularly West must
take steps to pressurize their government
to call for an immediate ceasefire
and hold Israel for their brutality
in Gaza.