Some people are not affected by stress regardless of its presence. Stressful situations role off of them. They seem to live longer lives. If one had trauma in their life at an early age, it becomes much harder to tolerate stress. They give in to stress and are deeply affected by it which seems to contribute to a shorter life. While I am generalizing and know this is not always the case, there appears to be a clear correlation between stress and longevity.

One may have a genetic predisposition for an early death. If this is the case, they need to be more careful to avoid stressful circumstances. Others come from families who live long lives. Not only does this eliminate the trauma of potentially losing a parent at a young age which is a stress trigger, but they also have good genes. Their need to be cautious with regards to stress is limited. ​
Upon analysis of the blue zones, you will notice that the stress level is much lower in these areas. The pace of life is slower. People wake late and live joyful, happy, and peaceful lives. There is minimal climate stress because they are all located in warm to moderate climates. There are no harsh winters with snow storms and survival risks. There is no work pressure as the pace of life is slower and jobs are grounded in basic needs. The land is fertile and gives plenty regarding food to eat. There is no need for anything.