the first thing that comes to mind is that ... 我想到的第一件事是...

pace of life 生活节奏

under so much pressure 有很大压力

compete with ... 和...竞争

stand out 脱颖而出

generally speaking 总体来说

pollute 污染

I was born and raised ... 我在...出生长大

pressing problem 紧急的问题

wear a mask 戴口罩

awful=terrible