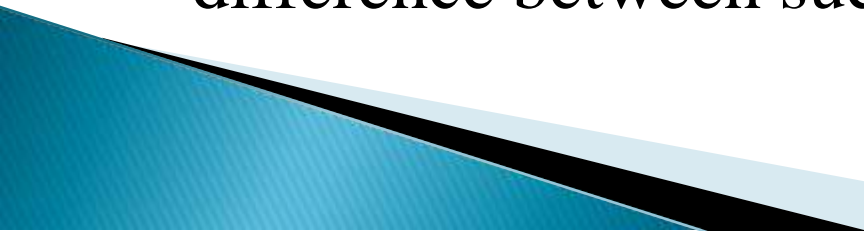


CAUSES OF STRESS

Debashree Sinha

SOCIAL CAUSES OF STRESS:

- ▶ **Stress at work:** Any number of things can contribute to job stress including too much work, job insecurity, dissatisfaction with a job or career, and conflicts with a boss and/or co-workers. Whether one is worried about a specific project or feeling unfairly treated, putting one's job ahead of everything else can affect many aspects of life, including personal relationships and mental and physical health. Excessive workplace stress can interfere with productivity and performance, impact one's physical and emotional health, and also can affect an individual's relationships and home life. It can even determine the difference between success and failure on the job.
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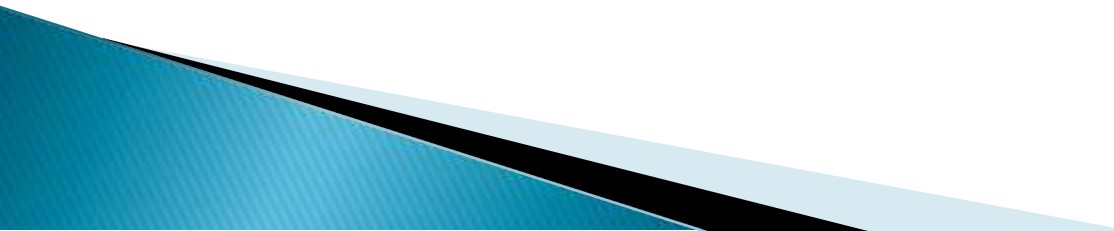
- ▶ **Job loss and unemployment stress:** Losing a job is one of life's most stressful experiences. It's normal to feel angry, hurt, or depressed, grieve for all that you've lost, or feel anxious about what the future holds. Job loss and unemployment involves a lot of change all at once, which can adversely interfere with an individual's sense of purpose and self-esteem.
- ▶ **Caregiver stress:** The demands of caregiving can be overwhelming, especially if one feels that he/she has little control over the situation. If the stress of caregiving is left unchecked, it can take a toll on one's health, relationships, and state of mind — eventually leading to burnout. However, there are plenty of things one can do to rein in the stress of caregiving and regain a sense of balance, joy, and hope in life.

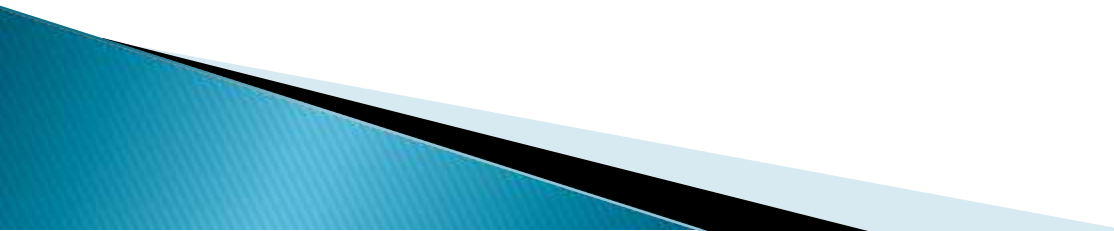
- ▶ **Parenting:** Parents are often faced with managing busy schedules that include a job, household duties, and raising children. These demands result in parenting stress. High levels of parenting stress can cause a parent to be harsh, negative, and authoritarian in the interactions with children. Parenting stress can also decrease the quality of parent-child relationships.
- ▶ **Money:** Financial trouble is a common source of stress. Credit card debt, rent, or the inability to provide for the family or oneself can put a serious amount of stress on an individual. In this society, where so much emphasis is put on what one has and what one can afford, financial stress is something that nearly everyone can relate to. According to the American Psychological Association, nearly three-quarters of Americans say that finances are a source of stress in their life.

- ▶ **Life changes:** The death of a loved one, changing jobs, moving houses, and sending a child off to college are examples of big life changes that can be stressful. Even positive changes, such as retirement or getting married, can cause a significant amount of stress.

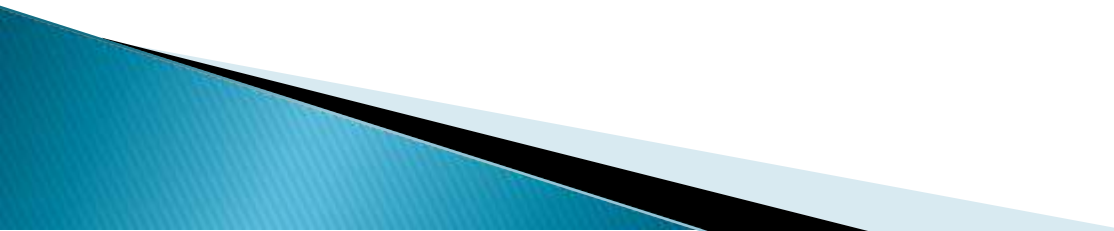
PSYCHOLOGICAL CAUSES OF STRESS

- ▶ **Personal Relationships:** and the stress we experience from these relationships can affect physical and mental health. There are numerous causes of stress in romantic relationships and when couples are constantly under pressure, the relationship could be on the risk of failure. Common relationship stressors include, being too busy to spend time with each other and share responsibilities, intimacy and sex are become rare due to workload, health problems etc. The signs of stress related to personal relationships are similar to normal symptoms of general stress and may include physical health and sleep problems, depression, and anxiety.

- ▶ **Personal beliefs:** Incongruent personal, religious, or political beliefs can challenge an individual's mental health and equilibrium, especially in situations where one can't remove oneself from the conflict. Major life events that cause a person to question one's own beliefs can also cause stress. This is especially true if one's beliefs are different from those of the people closest to him/her.
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- ▶ **Emotional problems:** When an individual's primary psychological needs are unfulfilled, the person may suffer from insecurities and loneliness and be unable to relate to someone or face difficulties to express emotions, it can adversely affect an individual's psychological health and operate as serious causes of stress. Mental health disorders, including depression and anxiety can add to the emotional strain. Positive outlets for emotional release and treatment for mental health disorders are important parts of effective stress management.
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- ▶ **Personality and Resources:** Personality traits and the resources available can be independent sources of stress as well. Extroverts, for example, tend to experience less stress in daily life and have greater social resources, which buffer against stress. Perfectionists may bring stress onto themselves unnecessarily because of their exacting standards, experiencing more negative mental and physical health consequences than those who merely focus on high achievement. Those who are "type A" can stress everyone around them, including themselves. Those with enough money to hire help can delegate stressful tasks, so this resource can provide an edge over those who struggle to make ends meet and must work harder to save cash.

- ▶ **Grief and loss:** Coping with the loss of someone or something one loves is one of life's biggest stressors. Often, the pain and stress of loss can feel overwhelming. One may experience all kinds of difficulties and unexpected emotions, from shock or anger to disbelief, guilt, and profound sadness. While there is no right or wrong way to grieve, there are healthy ways to cope with the pain that, in time, can ease one's sadness and may help to cope with the loss, find new meaning, and move on with one's life.
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PHYSIOLOGICAL CAUSES OF STRESS

- ▶ **Health:** Aging, diagnosis of a new disease, and symptoms or complications from a current illness can increase an individual's level of stress. Serious health issues like chronic illness, terminal diseases, and major physical injuries can adversely affect one's sense of wellbeing. Even if you don't have health problems yourself, someone close to you may be coping with an illness or condition. That can increase an individual's level of stress too. According to the American Psychological Association (APA), more than half of caregivers report feeling overwhelmed by the amount of care their family members need.
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