

Target the Sources of Your Stress

You are under a lot of pressure. For the past two weeks you have been having tension headaches and back problems. In addition, you have been a real grouch around your family.

When a friend asks you why you are so stressed out, you aren't sure what to tell him. You can name several pressures on you, but you can't say why you are feeling so lousy.

One of the keys to eliminating stress is to first figure out what is causing your anxiety. Only after you get to the root of the problem can you reduce the stress and have a more enjoyable life. Here are some common causes of stress that people deal with. See if you can relate to any of them.

On the job

Work may cause you much anxiety. For many people, their jobs are a major source of stress.

It may be that you have unrealistic expectations put on you by an associate. Or part of the stress could be your own fault. Do you stay up late at night, and find yourself drained the next day at work?

Examine your worries at work and determine if it is in your power to fix them. If it is, take the steps to do so right away. It often seems easier to simply cope, but you will find that you are much more productive when you are free of negative stress.

Around the house

Clutter can stress anyone. A mess can cause you to take longer when looking for things and it can also make you lose your focus easily.

Budget some time to clean up. By getting rid of distractions, you are eliminating a significant source of stress.

To your health

Don't ignore your body's cry for help. If you have pain in your back or chronic stomach problems, taking the time to see a doctor can lessen your stress. Few situations are pleasant when you're in pain.

It also works the other way around. High stress and poor health often go hand in hand. Chronic stress can cause major problems such as high blood pressure, heart disease and a suppressed immune system. This should be a good incentive to identify the stresses in your life.

You don't have to live with stress. By knowing what is causing your anxiety, you can get rid of it and enjoy life more!