**Causes of Stress:**

Like all other disease stress also has some causes. Causes of Stress can differ from person to person. According to surveys, stress related to work contributes the highest percentage. In the Pakistan, 40% workers admit to have stress caused due to their work and 25% blame work as the biggest cause of stress in their lives.

**For most of the people it can be**

* The death of a loved one
* Facing big changes in life
* Break up
* Divorce
* Loss of a job
* Under a lot of pressure
* Business loss
* Parents Pressure
* Carrier tension
* Lack of Confidence
* Insufficient resources to manage a family
* Disaster like earthquake, Flood or War
* Always having negative thought

**Students** like us commonly experience stress because of increased responsibilities, a lack of good time management, changes in eating and sleeping habits, and not taking enough breaks for self-care.

**Symptoms:**

Stress should be treated like a normal disease. Like all other disease it has some symptoms which not only effects your mental health but also your physical health. There are many symptoms of stress but here I am going to talk about a few of them.

1. **Emotional Symptoms**

Stress do have effect on your brain and mental health. A person dealing with stress may have these symptoms

* Becoming easily frustrated, angry, and moody
* Having a hard time relaxing and quieting your mind
* Feeling bad about yourself (low self-esteem), and feeling lonely, worthless, and depressed
* Avoiding others
* Being quiet and not talking to anyone about your problems
* Trouble in sleeping or sleeping too much
* Keep forgetting about anything

1. **Physical Symptoms**

Stress do have effect on your physical body health. It can cause:

* Difficulty in breathing.
* Blurred eyesight or sore eyes.
* Sleep problems.
* Muscle aches and headaches.
* Chest pains and high blood pressure.
* Indigestion or heartburn.
* Headache and Dizziness
* High Blood pressure
* Organs Malfunction

1. **Mental Symptoms**

* Depression or anxiety
* Feeling unmotivated(low self-esteem)
* Making bad decisions
* Panic attacks

A high standard of education is not provided in Pakistan but the competition to achieve high marks has been made an essential factor by society. Mental stress for student starts from school and go on until end of life. There are multiple cases of suicide has been reported because they are forced to get high marks. Some students were found to repeat multiple subjects to secure more marks.

At the last I would love to give you an example of stress through an event which has happened recently. The death of Islamic Scholar Dr. Amir Liaqat. The reports are not confirmed because his family refused to the autopsy but we all know the recently he has been going through some stressful conditions. Stress is not a thing to not be taken seriously. May his soul rest in peace.