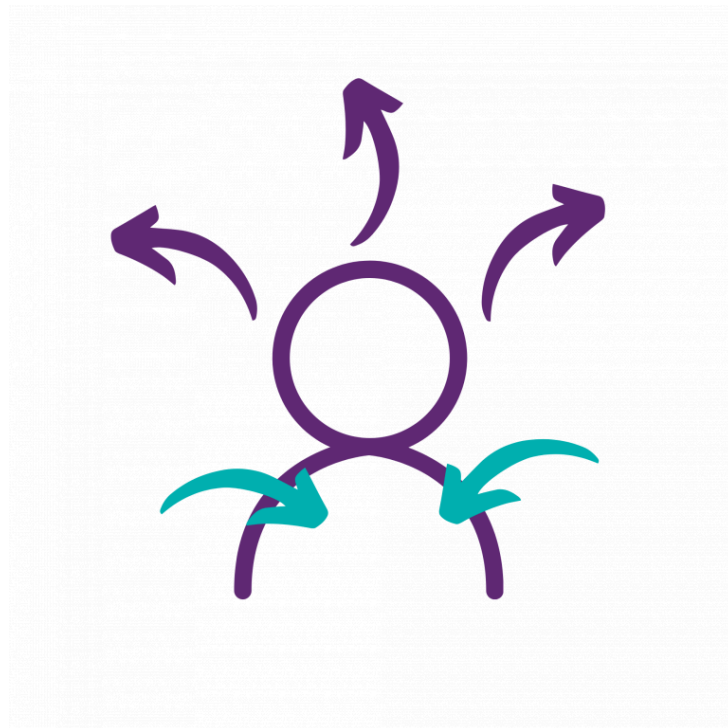




CAUSES OF STRESS

There are two different types of stress: external and internal.



External Stressors

This is stress outside of someone's control; things you can respond or react to, and may be able to influence, but cannot control. Examples include:

- Relationships/friendships
- School demands/academic performance
- Establishing career/job changes
- Establishing financial independence
- Moving out of parental home
- Pressures of adulthood
- Uncertainty of future
- Isolation
- Drama
- Weather
- Traffic
- Social media
- Public speaking
- Major life changes
- World news/events

Highly Stressful External Stressors

Highly stressful events often cause long-term effects on both your mental and physical health, leading to chronic stress or burnout. You may require more support and coping mechanisms when faced with highly stressful events.

Examples of highly stressful events include:

- Death of a loved one

- Separation or divorce of parents
- Abuse, unsafe living conditions
- Family financial concerns
- Loss of a pet
- Natural disasters
- Problems with the legal system
- Physical or mental illness
- Sexual identity
- Gender identity
- Global pandemic/conflicts

Internal Stressors

Internal stressors are things that you can do or control that cause stress. Even how you react to external stressors can cause internal stress.

- Thoughts, feelings, attitudes toward external stressors
- Not getting enough sleep
- Procrastination
- Setting high standards
- Anticipating the worst-case scenario
- Not making decisions/avoidance
- Low self-esteem
- Negative thinking
- Feeling disorganized
- Overall health and fitness levels

Take some time to identify some of the things that cause you stress, big or small.

Write down the things that come to mind. Reflect on whether these things are things you can control.

Please note that this space is offered as room to brainstorm or jot down some thoughts. This section is optional.

Type your response here

Submit

