10 Surprisingly Common Anxiety Triggers

In a world of growing mental health awareness, it comes as no surprise that anxiety is one of the leading diagnoses. While it's perfectly normal to have some anxiety on a fleeting basis, it's not normal for it to wreak havoc on your day-to-day life. What triggers one person's anxiety may not even register on the radar for another, so it's important to learn and take stock of what may or may not provoke your anxiety.

1. Caffeine

Topping the list, caffeine can do many things, including inducing anxiety. It can be great in small doses, though tolerance levels will vary from person to person. In some people, too much caffeine can be a trigger that worsens existing anxiety. Fortunately, it's also an easier trigger to control. For example, some people may find their anxiety improved simply by cutting back from three to two cups of coffee.

2. A Messy Home Environment

This one often surprises people. A messy home environment doesn't always cause stress or anxiety for people, but in an individual with anxiety, it can make a huge difference. If you struggle with anxiety, consider evaluating your home environment. A cluttered home can sometimes be an issue because it sits at the back of your mind on your to-do list. The proverbial mental to-do list can be triggering for anxiety, resulting in a number of responses including insomnia, increased stress, reduced ability to focus, and more. Small changes, such as adding the house to your to-do list, or simply tidying up on a regular basis has the potential to reduce anxiety; but this may not be true for everyone.

3. Self Neglect

Self-neglect and self-care are often tough pills to swallow, but yet still surprisingly common in the world of anxiety. Neglecting yourself and not taking care of your personal needs can be an anxiety trigger. Whether you're not showering regularly, skipping meals, staying up too late or not going to the doctor, it's important to evaluate these behaviors and work to take better care of yourself. If you are struggling with getting these tasks done, there may be more at play, such as depression, which can sometimes go hand-in-hand with anxiety.

4. Not Enough Sleep

Sleep, or lack thereof, is linked to a slew of mental and physical health issues, so it should come as no surprise that anxiety is one of them. While staying up later than usual on occasion likely won't cause any harm, a lack of sleep over a long period of time can exacerbate anxiety symptoms in some. In some people, small changes such as practicing good sleep hygiene or creating a more realistic sleep schedule can make a huge difference.

5. Stress

Unfortunately, stress is a common part of life. Even worse, it can also become a trigger for anxiety. It's extremely difficult to control stress, which in turn makes it equally difficult to control the anxiety that results. While there are ways to reduce stress, it's important to find a way that works best for you and your situation.

6. Finances

Often going hand-in-hand with stress are your finances. For some people, it doesn't matter if they're completely broke or living with a hefty cushion; finances simply cause them anxiety. While this may seem like a more challenging anxiety trigger, it can be surprisingly helpful to sit down and make a plan. Many find that having a plan, even just a simple one, can reduce their anxiety significantly.

7. Social Gatherings

There are several different types of anxiety, and social anxiety is surprisingly common. The idea of having to interact with people, whether it be strangers, acquaintances, or even close friends, can quickly trigger anxiety in some. If you think you may be suffering from a form of social anxiety, it's best to work with a trained mental health professional who can work with you to identify and find a solution that works best for your situation.

8. Work Environment

A stressful job or work environment can bring on the occasional bout of anxiety. While it's normal to deal with occasional work-related stress and anxiety, it's abnormal for it to be a daily part of the job over several months or years. Unfortunately, this may be a more difficult trigger to address. Whether the job or the work environment is causing you stress, it may be time to work with a mental healthcare provider who can help you address and deal with the stress and anxiety that goes along with it.

9. Conflict

Any type of conflict can trigger anxiety, whether it's an argument with a co-worker, your spouse, parent, child, or even some random person on the internet. Fortunately, conflict as an anxiety trigger can be addressed. By learning better conflict resolution, you can work to better manage your anxiety at the same time.

10. Negative thinking

Knowing the triggers that are associated with your anxiety can help you work to keep your anxiousness in check, which will help improve your overall mental health and well being. Fortunately, Intrepid Mental Wellness professionals are trained to help identify and address potential anxiety triggers and then work through them, which may include the use of prescribed psychiatric medications. If you are suffering from anxiety, we would love to hear from you and how we may be able to help!