Sources of Stress:

- Worry
- Hurried pace
- Driven-ness / Control
- Obsession
- Overwhelming circumstances
- Overloaded with responsibilities
- Working too many hours
- Perfectionism
- Fear
- Insecurity
- Uncertain future
- Unfair circumstances
- Loss of personal status
- Lack of freedom in a relationship
- Unsafe relationships
- Victim of abuse
- Past painful events
- Death of a loved one
- Grief / loss
- Abandonment
- Financial debt / irresponsibility
- Getting married / separated / divorced
- Having / raising children
- Care of the elderly / handicapped
- Moving
- Physical Illness / injury
- Anger / resentment
- Shame / guilt
- Low self-esteem
- Loss of employment
- Trauma
- Violence
- Natural disasters
- Adverse weather events
- Inadequate living conditions
- War / threat of conflict
- Negative thinking
- Unrealistic expectations
- Workplace relationship issues
- Difficult family relationships
- Weight gain / appearance
- Being bullied
- Discrimination
- Facing deadlines
- Media over-stimulation
- Intense exercise / high risk activities
- Disability
- Performance reviews
- Accidents
- Social isolation
- Traffic
- Unwanted noise
- Intense cold / heat
- Responding to email / texts / calls
- Defending beliefs / values
- Mental health issues
- Crime
- Poverty
- Addictions
- Pandemics
- Loss of sleep
- Lack of exercise
- Unprepared for retirement
- Lack of forgiveness
- Military deployment / separation
- Adult child issues
- Lack of healthcare insurance
- Marriage communication problems
- Affairs
- Fear of failure
- Trying to please, fix, rescue others
- Comparing self to others
- Burnout
- Underemployed
- Changing careers
- Income tax preparation
- Work / home balance
- Overeating / lack of nutrition
- Sedentary behavior
- Decreasing income
- Inability to have children
- Direction of economy / stock market
- Phobias
- Unhealthy habitual behavior
- Procrastination
- Lack of planning
- Over-scheduling
- Lack of boundaries