Causes of stress

In today's fast-paced world, stress is a part of life. Most people feel stressed at some time.

It's important to understand what may be causing your stress. Stress can have an effect on your health.

There are at least 3 kinds of stress:

- **Routine stress.** For example, pressures of work, family, or other daily responsibilities
- **Stress from sudden negative change.** For example, losing a job, divorce, or illness
- **Traumatic stress.** For example, major accident, war, assault, or natural disaster

Some common sources of stress are listed below. Do you experience any of these kinds of stress?

The top 3 reported sources of stress are:

☐ **Money**

☐ **Work**

☐ **The economy**

Other sources of stress include:

☐ **Family responsibilities**

☐ **Personal relationships**

☐ **Family health concerns**

☐ **Personal health concerns**

What other sources of stress do you have in your life?

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It's important to understand what may be causing your stress.
Talk to your healthcare provider to learn how to help manage stress in your life.