

# [Causes of stress and its solution](https://assignbuster.com/causes-of-stress-and-its-solution/)

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The circumstances that causestressare called stressors. Stressors vary in severity and duration . For example theresponsibilityof caring for a sick parent may be an ongoing source of major stress , whereas getting stuck in a traffic Jam mat cause mild short term stress . Some events such as death of a loved one are stressful for everyone . But in other situations , individuals may respond differently to the same event.

Stressors can be classified into 3 general categories: l)catastrophic stress )MaJor life changes 3)Daily hassles In addition simply thinking about unpleasant past events or anticipating unpleasant future events can cause stress for many people. 1)Catastrophe: Is a sudden , often, life threatening calamity or disaster that pushes people to do outer limits of their coping capability example earthquakes , tornadoes , fires , floods and hurricanes as well as wars , torture , automobile accidents , violent physical attacks and sexual assaults .

They often continue to affect the individuals mentalhealthlong after the event has taken place. 2)MaJor life changes: The most stressful events for adults involve major life changes such as death of a spouse , familymember , divorce, imprisonment , loosing ones Job and major personal disability or illness . The most stressful events for adolescents are death , imprisonment or divorce of parents , personal disability or illness .

Getting married is a positive experience but planning the wedding , deciding whom to invite , and dealing with family members may be stressful for the couples. 3)Daily hassles: Much of the stress in our lives results from having to deal with daily hassles ertaining to our Jobs , personal relationships and everyday living circumstance . Many people experience the same hassles everyday example living in a noisy neighbourhood , commuting with heavy traffic , disliking ones fellow workers , worrying aboutmoney, waiting in a long line and misplacing or losing things .