

Causes of stress and its solution

[Health & Medicine](#), [Stress](#)



The circumstances that cause stress are called stressors. Stressors vary in severity and duration. For example, the responsibility of caring for a sick parent may be an ongoing source of major stress, whereas getting stuck in a traffic jam may cause mild short-term stress. Some events such as the 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: 1) catastrophic stress 2) 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 their outer limits of their coping capability. Examples include 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 individual's mental health long after the event has taken place. 2) Major life changes: The most stressful events for adults involve major life changes such as the death of a spouse, a family member, divorce, imprisonment, losing one's job, and major personal disability or illness. The most stressful events for adolescents are the death of a parent, 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 couple. 3) Daily hassles: Much of the stress in our lives results from having to deal with daily hassles pertaining 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 about money, waiting in a long line and misplacing or losing things .