

Sources of stress

Stress can come from numerous sources. These can include:

Physical:

- Pushing your body to keep going when it's tired, run down or fighting an illness
- Running on empty (adrenal stress)
- Not taking time out to rest and rejuvenate

Mental:

- Constant worrying or a racing mind
- Replaying the "what if" scenarios
- Feeling overwhelmed or out of control
- Striving for perfection
- Buying into drama

Emotional:

- Expressing your emotions in a unproductive way e.g. being aggressive instead of assertive
- Bottling up emotions
- Not expressing your true emotions for fear of rejection or being judged
- Negative self-talk

Spiritual:

- Not being your authentic self
- Feeling disconnected or detached from your life
- Feeling something is missing in your life even though you are materially secure and happy.
- Holding onto past memories, beliefs or behaviours that no longer serve you

Environmental:

- Electromagnetic or geographic stress
- Overuse or exposure to wireless devices, mobile phones, laptops, computers or television,

Nutritional:

- Inadequate daily intake of water
- Eating processed foods excessively
- Drinking soft drinks, fruit juices, alcohol and caffeine excessively
- Smoking or taking recreational drugs

Social:

- Unhealthy or negative relationships and relationship boundaries
- Always giving and never receiving
- Being taken advantage off
- Feeling drained when around certain family and friends
- Having unrealistic expectations of family, friends and co-workers
- Isolated with limited family and friends

Other: Finance, business, relationships, sexuality, religion, education, health and much more.