

[IMAGE]

### 3 Reasons You're Stressing (and a Solution for Each)

By Editorial Staff

Stress is a silent epidemic, contributing to a wide range of health issues, from physical to psychological. Let's talk about three common reasons why you could be stressing; and how you can lower your stress levels in each scenario for the benefit of both your body and mind.

First, let's start with the consequences of stress, particularly over the long term. According to the Mayo Clinic, common effects of stress include the following – how many have you experienced due to short- or long-term stress? Headache, anxiety, changes in eating habits (overeating or undereating), muscle tension / pain, fatigue, sleep issues, stomach upset, social withdrawal, anger / irritability, and lack of motivation or focus are just *some* of the health impacts of stress. In other words, stress can wreck your life.

But it doesn't have to be that way. While you probably can't eliminate stress from your life, you can learn how to manage it – and that starts with a thorough understanding of some of the primary reasons you're experiencing it. Here are three reasons you may be stressed out – with a tip for how to combat each stressor.

1. *You're Not Organized:* Lack of organization is a major contributor to stress because for most people, organization is what gives them a shot at getting everything done. If you don't have a plan, it's far too easy to wander off track, fall behind and start stressing. And even if you're on track, what happens when something unexpected happens? *Tip:* Make a daily To Do List with the most difficult responsibilities at the top. Make the list realistic (to account for those unexpected moments) or you'll be perpetually stressed out by failing to get it done.
2. *You're Not Motivated:* Lack of motivation, whether relative to diet, exercise, doing yardwork or home renovations, or calling an old friend you deserve to touch base with, can take your stress to an unbearable level. That's because you're not really unmotivated; you're just "putting it off" for some reason – *procrastinating*. It's another form of not being organized – and the result: constantly worrying about why you can't seem to do it (and when you finally will). *Tip:* Many times, people procrastinate because the task they aren't motivated to tackle is daunting in some regard – difficult, challenging, a major expense, etc. But use the end result as your motivator: How great will you feel when you're in better shape, your bathroom's been remodeled or you've connected with that old friend?

3. *You're Going It Alone*: Listen closely if you think you can do everything on your own: *you probably can't*, and your stubbornness in trying is stressing you out on some level. Accomplishing something all by yourself can be incredibly rewarding, but avoiding the stresses associated with your solo journey through life will definitely reduce stress – and could be just as rewarding in the end. *Tip*: Need to lose weight and are convinced that you can do it alone? How's that worked out in the past? Perhaps it's time to recruit a gym buddy to keep you both accountable. Want to work a 40-hour job, handle the kids' school and sports obligations, volunteer in your community and more? Even the super type A go-getter needs a helping hand or they'll succumb to stress.

*Stress less!* That's the bottom line if you want to be healthy and happy. What are your reasons for being stressed? (We suggest thinking carefully if your initial thought after reading the above is either *I'm not stressed* or *These reasons don't apply to me*.) Take control of your stress by understanding it and finding simple ways to reduce it. Your body and mind will thank you for it.

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