

Is Stress Making a

Mess of Your Life?

The Stress Mess

Today's super-fast-paced world means information and expectations come from every direction. It's no wonder life often feels overloaded, overwhelming, and out of control. In a word: Stressful. Not coping well with feelings of stress can lead to more stress. It can also have a big impact on your work, play, and the people around you. In short: **Stress might be making a mess of your life.**

But wait...there's good news! You CAN take back control. Start by understanding where your stress comes from and what effects this stress may be having on your life.

Top Causes of Stress



POLITICS AND
WORLD EVENTS



MONEY
TROUBLES



TECHNOLOGY



WORK
PRESSURES



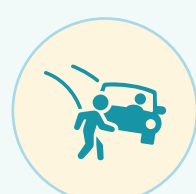
HEALTH
ISSUES



RELATIONSHIP
PROBLEMS



FAMILY
RESPONSIBILITIES



VIOLENCE
AND CRIME



SOCIAL
MEDIA



HOUSING
PROBLEMS

Stress Can Affect Your ...



... Relationships

Feeling stressed can change how you act around others. This can affect your relationships with those around you in negative ways. You might:

Get angry easily

Raise your voice or yell

Be impatient

Feel rushed when you're with others

Cry easily

Withdraw from others

Can't hide it.

Stress may have more of an effect on your loved ones than you realize. Though most parents think they're doing a good job of hiding their stress from their children, 91% of children in one survey said they knew when their parents were under stress. And this made children feel worried and sad.



... Performance

Some stress can make you more alert and focused. But too much stress can make you less productive. It can even make you less able to solve problems or be creative. At work or school, you might:

Not be able to concentrate or focus

Feel tired

Be nervous or worried

Feel a lack of control

Have trouble getting organized

Lose interest or motivation

Be forgetful

The sleep stealer.

In one survey, nearly half of respondents reported that stress kept them awake at night during the past month.



... Enjoyment of life

Stress often just *feels* bad. Unrelieved stress can lead to frantic days and sleepless nights. You might turn to things like food or alcohol to help relieve stress, but this just causes more problems than it solves. Stress can get in the way of an enjoyable life. You might:

Feel sad

Have trouble sleeping

Have headaches, stomach upset, or tense muscles

Drive recklessly

Eat too much

Smoke

Abuse alcohol or drugs

Isn't it ironic?

In one survey, the most common reason given for not doing more to manage stress was being too busy or not having enough time.

You Can't Change the World

It's true. This means that you often can't control what stress comes your way. But, you *can* change how you handle stress! Learning skills that help you cope with stress can go a long way to helping improve your well-being, your relationships, and your life.