# What Causes Stress: 8 Of The Common Causes You Need To Know

In this tutorial, I’m going to discuss the 8 most common causes of stress. Stress affects each and every one of us so it’s important to identify some of the most common causes so you can fight them.

All of these causes might not affect you, but chances are at least one of them does. Knowing the causes of your stress can also give you some insight into what triggers you.

## Losing Your Job or Facing Unemployment

A common stress factor that many people can identify with is losing their job or facing periods of unemployment. Not being able to provide for yourself or your family is a major stress factor. It can also lead to feelings of low self-worth when you are not able to give yourself and others the life that they deserve.

If you are facing unemployment and stress know that you are not alone.

## Big Life Changes

When experiencing a huge life change whether it’s good or bad, you can experience stress. Moving cities, starting a new job, getting married and having a kid are all big life changes.

Even if the change is good and gives you a better future, you might still experience stress because you are out of your comfort zone.

## Having New Responsibilities

The third reason you might experience stress is suddenly having new responsibilities that you find overwhelming. These can be work responsibilities or new things you have to do at home with the kids or with your partner.

If you do not manage these new responsibilities well you will find your stress growing larger every day. Try to organize your schedule or way of life to fit these responsibilities better to reduce stress.

## Illnesses and Injuries

Becoming ill or having an injury can cause extreme amounts of stress. Taking care of yourself has become harder and you often need to find someone to help you with things around the house and with your kids.

Not being able to do everything for yourself anymore can cause major stress.

## Going Through a Break-Up Or Divorce

Experiencing a situation where you are leaving the person who was supposed to be your life partner can be one of the most stressful life events. Your whole life is changing and you need to forge a new path for yourself.

## Money Worries

Almost everyone experiences stress when they are short on money. Life is demanding especially when the bills are piling up and you are not sure if you will have enough to make rent.

Since many people are not forgiving when it comes to missed bills and payments, constantly worrying about where the money is coming from can be a major life stressor.

## The Holidays

While the holidays are meant to be a time of joy and fun, they can be stressful for many people. You might feel like you need to find money to buy presents or money to be able to travel to see family. You might also have more deadlines with work which can cause stress.

The holidays can also be a tough time if you do not have caring people to spend them with.

## No Support

When you are doing life alone and don’t have quality people to talk to and share experiences with, you can easily become stressed. Sharing burdens with people makes life easier and when you are going solo through problems, it’s easy to feel overwhelmed and stressed out. Even little problems can even cause stress when you’re alone.