Common Habits

**That Cause Stress**

# *Frequently, stress can seem like it comes out of nowhere and can cause of to have headaches, anxiety, depression and feelings of being overwhelmed.*

*It is difﬁcult defend against stress if we are unaware of the things that we do that can lead to it.*

*Here are some examples of common habits and activities that can lead to stress in our daily lives.*

* Being a perfectionist.
* Having unrealistic expectations of self or others.
* Poor time management.
* Too much caffeine.
* Not getting enough sleep.
* Procrastinating on necessary tasks.
* Not allowing yourself enough time to complete tasks.
* Trying to do too many things at one time.
* Starting many tasks but completing few of them.
* Not delegating, trying to do everything yourself.
* Being disorganized.
* Doing things exactly the same way even when doing so has proven to be ineffective.
* Being impulsive.
* Not thinking decisions through.
* Not following-through on commitments or tasks.
* Being unassertive and not saying “no” when it would be beneﬁcial to do so.

*Be aware of how much and how often these factors are present in your life and take steps to reduce or eliminate them. The awareness and resolution of these factors can result in greatly reduced stress and greatly increased feelings of peace, stability and happiness.*