

Factors that cause STRESS

1. school (teachers, grades, homework, tests, report cards)
2. Relationships with the opposite sex
3. Peer pressure (smoking, drinking, sex)
4. Pressure of time (overloaded schedule)
5. Problems with friends or acquaintances
6. Future (Work or college)
7. Financial problems
8. Present after-hour work or job
9. living up to expectations
10. Transportation
11. Family illness
12. Death of friend or family
13. Feeling insecure
14. Family members
15. Others problems
16. Overeating or dieting
17. Feeling deprived
18. Making decisions
19. Divorce in family
20. Being in love or feeling unloved
21. Family financial problems
22. Competition
23. Speaking to groups of people
24. Feeling guilty from wrongdoings
25. People who are rude or annoying