**Three Common Causes of Stress in Your Life and How to Deal With Them**

One way to tackle stress is to improve your health, your energy levels and your mood. By doing these things, you can help yourself to become more resilient and hardy to stress and you can avoid letting the smaller things bog you down.

But that’s a fairly abstract way to combat anxiety that doesn’t always have an immediate effect.

The *other* route to take then is to look at the specific causes of stress in your life – the stressors – and to remove them. Some of these will be big and some of them will be small, but all of them contribute to raising blood pressure and making us feel a little less calm and relaxed.

The problem is, many of us can’t put our fingers on exactly what it is that is causing us stress and even when we do, it’s not always obvious how we can deal with the problems.

Read on then and we will look at some of the most common causes of stress and at what you can do to deal with them once and for all…

**The Commute**

Did you know that the only ‘universal fear’ is things heading towards you? Thus, walking to work and having hundreds of people moving the other way down the street is pretty much a recipe for stress – especially if you’re running late or if you have a long way to travel.

One solution then is to avoid the rush hour. You can do this by speaking with your employer and asking them to give you more flexible working hours: perhaps you could work 8am-4pm for instance instead of 9am-5pm? Alternatively, look at other ways of getting in, like cycling. Or just arrive a little early!

**‘Open Loops’**

Many of us have lots of niggling jobs and stresses in the back of our minds that contribute to our stress. For instance, you might need to call your relative. Or maybe you have a bill to pay. These are what are known as ‘open loops’ and they can drain us of energy, focus and positivity. The solution is to deal with each of them as soon as possible rather than letting them drag on.

**Money**

Money is a huge stress for many of us and can cause many a sleepless night.

The solution? Creating a budget. Budgets show us how much we’re losing and *where* and allow us to formulate a plan to get back on top. What you will often find is that simply cancelling some of your recurring bills and changing your lifestyle a little can make a big difference and help you to get back in the black.