

4 Hidden Causes Of Stress And Anxiety

Description



[Image Credit](#)

[Stress](#) and anxiety have become almost synonymous with modern living. It affects millions worldwide, and many have no idea how to keep them in check or properly managed. That has largely led to about [75%](#) of doctor appointments due to stress-induced ailments. People know about stress, but few are aware of the hidden causes. You™re about to discover the lesser-known causes and how to avoid or manage them.

1. **Perfectionism and unrealistic expectations**

Do you often set lofty standards for yourself? People seeking happiness and success unconsciously adopt the habit of wanting to get everything right in their lives. Whether in their careers, relationships, or personal achievements, the desire to be perfect is immense. Unfortunately, life doesn™t work that way; forcing things can create immense emotional and mental pressure. Perfectionism and unrealistic expectations breed stress and anxiety. The constant fear of failing to meet unreasonably high expectations becomes the breeding ground for uncontrollable frustration. Before you know it, you will be dealing with tremendous levels of stress that impact your well-being. The only way to avoid this is to learn to embrace imperfections. Accept that life is full of mistakes, but the good thing is the opportunity to correct them when the need arises. Set realistic goals that put less stress on your mind and body.

2. **Emotional labor**

People often overlook the impact of emotional labor on the mind and body. This factor refers to regulating, managing, or masking your true emotions to perform a task or job, usually to conform to

societal expectations. Many professions fall into this category at a glance, explaining why emotional labor is often overlooked. For example, certain jobs require you to be cheerful even when upset and unhappy. Customer service and front desk positions do this often and are usually burdened with emotional labor. After a long while, the discrepancy between your true emotions and what is required of your job builds stress and anxiety. It is, therefore, important to build healthy coping mechanisms such as mindfulness and open communication. The latter is crucial, especially when your supervisors notice a challenge in your ability to remain cheerful with clients as the job demands. Some employers understand the impact of emotional labor on their workers and enforce work-life balance measures.

3. Sensory overload and fatigue

Sensory overload can affect anybody, especially when exposed to excessive noise, glaring lights, and other environmental factors. A less recognized aspect of sensory overload can be found among people with hearing loss. It can be emotionally taxing when you struggle to follow conversations and actively participate in them. [Hearing loss and fatigue](#) can trigger stress and anxiety if not well managed. Fortunately, that can be alleviated by seeking professional help. The audiologist and hearing instrument specialist will explore options like hearing aids and assistive devices to reduce sensory overload. That is why it is advisable to check your hearing often. Early-stage auditory loss may present as reduced sound quality when watching TV or listening to the radio. You can only follow TV and radio programs when the volume is greatly increased to a point that others find noisy. You don't have to strain your senses to communicate with the world around you. The more you do, the worse you aggravate your situation. Chronic stress is associated with many ailments, so it's vital to avoid such situations to get out of control.

4. Social media overuse

Reports indicate that more than three hours of constant [social media](#) usage can harm your mental health. The question, therefore, is why this is so. Social media tends to alter reality; for many people, that is more than enough to trigger stress and anxiety. People want to be seen as living the best time of their lives, so there is immense pressure to live beyond their means. Some purposely travel or visit expensive hotels to capture pictures and videos to be posted on social media, and it may not necessarily reflect their lifestyle. Unfortunately, this background information is unknown to many. Some people end up comparing their lives with the personalities they see online. The urge to live like them is a source of stress for many. These curated and idealized versions of others trigger inadequacy and low self-confidence. That is why people are advised to limit their social media usage. If you cannot, you're better off acknowledging that the curated lifestyles you see there are mostly unreal.

Stress is everywhere, and so is anxiety. Remember to seek professional help when your coping mechanisms fail to produce desired results.

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