**Causes of Stress**

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Over 35% of the adults’ population are living with stress both acute and chronic ("Mental health statistics: stress", 2018). Most people experiencing stress undergo various traumatic events or are living under pressure. Although stress is something all of us have encountered, how we react to it and the susceptibility to stress varies person to person. Simply because one person reacts to a certain cause a certain way does not mean that someone else will react the same way. Stress can be separated into two categories; chronic and acute stress. Acute stress is the most common type of stress that is short-term, and is often caused by daily events such as a deadline being close by or after arguing with someone close. Whereas chronic stress is more serious and long-lasting and can be caused by more serious events in life. Financial problems, the death of a loved one and work-related issues are just a few causes of stress that can cause long-term problems and chronic stress problems.

A major cause of stress is financial problems. Many people suffer from serious stress due to this. A research made in 2017 states that financial security is a determinant of a good health; for example, during the economic crisis in Europe in 2000, the worsening economy created social insecurity, and financial uncertainty which resulted in high suicide rates and chronic health conditions (Foscolou et al., 2017). This shows that financial stress has a major impact on our lives. As humans we feel a need to have a stable life, and we feel the need to know that our future is stable as well. When financial problems occur, we lose our control of the future, or at least it feels like it. Furthermore, when we feel that we cannot meet our financial demands, or afford the necessities of life we tend to get an unpleasant feeling, which is referred to as financial stress (Davis et al., 2004). This means that the fear of not being able to afford necessities such as rent, food, clothing and social life will automatically cause us stress as the fear of not managing will take over our thoughts. Furthermore, researchers show that the high rates of unemployment, reduced wages, staff reduction, and increased workload are associated with suicide, dysthymia, depression, anxiety, and mood disorders (Mucci et al., 2016). This shows a deep connection between financial situations and health. Financial stress and fear of not being able to manage can cause a very serious cause of stress, often referred to as chronic stress. Chronic stress often comes with other serious symptoms such as depression suicide and anxiety. Without financial stability we cannot support our family, we cannot see a safe future and we often feel helpless, powerless and even dependent. These are feelings that we are not good at dealing with, so without financial stability we will fall into a dark circle of depression and stress.

Another major cause of stress is the sudden death of a loved one. Unexpected loss of a loved one such as due to suicide and homicide is among the major public health issues linked with post-traumatic stress disorder and in some cases, it becomes the cause for some mental health disorder such as stress (Atwoli et al., 2017). Losing someone dear is a devastating experience for everyone, however the susceptibility to stress and how we cope with it varies from person to person. How we handle situations and what effects comes with it varies a lot depending on, but not limited to; the person's coping mechanism, how vulnerable they are to stress and how much social support they have. In addition, the seriousness of the problem and whether we feel like we have the resources to cope with it or not also plays a major role on how we deal with stress and how it affects us. If we feel that we have resources and can cope with the problem we do not get stressed, however if the problem is serious and we feel like we do not have resources to cope with it we will apprehend it as being under stress (Salleh M. R., 2008). Another study shows that the disappearance of a loved one due to state terrorism or war is one of the most stressful events and it leaves most people struggling with post-traumatic stress disorder and depression (Lenferink et al., 2019). This clearly shows a deep connection between stress and mental health. When we encounter a difficult situation our body and mind usually respond with a "fight-or-flight" response. However, when our mind is unable to deal with the situation the "fight-or-flight" response gets damaged by PTSD. All in all, the death of a loved one is one of the major causes of stress and stress related illnesses.

Lastly, work-related stress is ...

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