Understanding the Different Types of Stress

Stress might be something everyone experiences, but that doesn’t mean you can’t get help. However, before you can find a good way to relax, you need to know the source of the stress. There are many different types of stress sin your life, from financial to relationship stress.

**Acute and Chronic Stress**

First of all, two common types of stress are acute and chronic stress. All other types of stress will fit into one of these categories. Acute stress is more about individual situations that will lead to you feeling stressed out, such as your car breaking down or a relationship ending. With chronic stress, it is something you experience on a regular basis. This might be from work, finances, or other problems in your life that tend to keep happening over and over again. Chronic stress can also be related to a simple overwhelming feeling that you can’t quite keep up with everything in your life and are so overwhelmed on a regular basis that you experience stress almost constantly.

**Personal and Relationship Stress**

A very common reason to be stressed is due to your personal life, particularly with a relationship, family, or children. This type of stress can be acute, but is often related to chronic stress. You want your kids to be safe and grow up healthy, so this leads to being stressed about them almost constantly. Then acute forms of stress might be going through a divorce or feeling like your personal life is not quite what you would like it to be.

**Work and Financial Stress**

Another very common area of stress in your life might be related to your job or your finances, or a little of both. This can be from having a great job but not having enough time for anything but work, to where you bring your work home with you. Another way your job can stress you out is if you simply don’t enjoy it or you don’t get along well with co-workers. You might have financial stress like struggling to pay your bills, not advancing enough in your career, or being faced with last-minute expenses and no clue how to take care of them.

**Time Stress**

Time stress is a little more specific to the time you have each day to get things done. This can also be either chronic or acute stress. You might find that you are so busy there is rarely enough time to get things done on a daily basis. You could also have time stress related to work or financial stress.