How to Get Rid of People Causing Your Stress

While there are a lot of ways to handle the stress that comes at you, there are some instances where you need to cut off the cause at the source. Unfortunately, this sometimes means finding people that tend to add more stress to your life and severely reducing contact with them.

**Identify Them First**

When you have a lot of stress in your life, you are often given the advice to figure out exactly what is causing it. You can’t always eliminate all sources of stress, but this does help you identify certain things (or people) that you might need to reduce contact with. This includes when you believe someone in your life is adding to your stress levels. This doesn’t mean a teenager going through a phase that is causing stress. It is more about someone who doesn’t need to be quite as involved in your life as they are, and they really just make you feel worse on a regular basis. It might be a neighbor, co-worker, or a family member that always seems to involve you in their drama.

In order to identify them, you need to start recording your stress events in a journal and describe what was going on at the time. Perhaps you find that every time a certain friend calls you for help, you tend to feel the stress creeping up.

**Be Open and Honest With Them**

Once you know who it is, you can then think about how to confront them with your issues. This is optional, as you have the freedom to go straight to reducing contact with them right away. However, if it is someone you have to see every day, such as your co-worker, then communicating with them is best. Remember that stress can really affect your physical and emotional wellbeing, so it is important that you take that next step to talk to them about it. Perhaps they didn’t realize what they were doing or saying was causing stress in your life, so it just takes being honest with them for things to change.

**Cut Off Ties if Necessary**

When this doesn’t work, you know it is time to cut off ties with them. Some people you can probably cut off contact almost completely, while others are a little more difficult. Just slowly start distancing yourself away, spending more time with friends and family that don’t cause you added stress. Stop helping friends that are constantly in need of favors and don’t answer the phone is someone calls who always tends to exacerbate your stress levels.