25 Ways You May Be Stressing Yourself Out

Stressed out? Next time you feel a knot in your shoulders or a nagging feeling in the pit of your stomach, determine whether one of these things is stressing you out:

Wait until the last minute? • Bite off more than you can chew? • Refuse to ask for help? Set unrealistic goals? • Push your limits? • Impose your will? • Take everything personally? Control the uncontrollable? • Get down on yourself? • Try to be right all the time? Allow negativity to consume your thoughts? • Try to squeeze 25 hours into a 24-hour day? Refuse to say "no"? • Allow yourself to be distracted? • Keep up with the Joneses? Fail to delegate? • Demand instant results? • Try to complete everything? • Put out fires? Pretend to be someone other than yourself? • Live up to everyone's expectations? Try to be macho? • Demand perfection rather than excellence? Play catch-up? • Ignore your conscience?

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