

Psychological factors	Note where you experience this	What can you do about it
<ul style="list-style-type: none"><li data-bbox="518 311 847 353">• predictability		
<ul style="list-style-type: none"><li data-bbox="518 508 730 550">• control		
<ul style="list-style-type: none"><li data-bbox="518 705 978 746">• learned helplessness		