

SOURCES OF STRESS

**#ADDRESS
YOUR STRESS**

Even happy events can cause stress in our lives. When it goes unaddressed for too long, stress can trigger mental and physical health issues.

Some common sources of stress include:

Life changes

Leaving home,
getting married or
having children

Divorce or relationship
breakdown

Health scares or
physical illness

Accidents or
bereavement

Legal issues, arrest
or imprisonment

Emotional

Peer pressure

Conflicting cultural
values and beliefs

Coping with
uncertainty



Physical

Late nights or lack of
routine

Poor diet

Misuse of alcohol or
drugs



Environmental

Poor housing or
accommodation
problems

Social isolation

Unemployment

Adjusting to new
environments such as
moving house or travel

Financial pressures



Changes at work

Starting a new job

Coping with an
increased workload or
a promotion

Poor relationships
with colleagues or
managers

Redundancy, or the
fear of it



There are simple steps you can take to **#AddressYourStress**.
Check out our resources at mhfaengland.org