SOURCES OF 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

#ADDRESSYOURSTRESS

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