

# 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](https://mhfaengland.org)