THE STRESS WEB

STRESS

PSYCHO-SPIRITUAL

Lack of meaning Hopelessness Despair

ENVIRONMENTAL

Noise Crowding Air pollution Crime

FINANCIAL

Inability to pay bills Financial insecurity Precarious work

SOCIAL

Abusive relationships Coworker conflicts Disputes with neighbors Isolation and rejection Marriage problems

EMOTIONAL

Resentment Grief

PHYSICAL

Overtraining Nutrient deficiencies Food allergies/intolerances Extreme dieting Dehydration

Anger Anxiety Depression

CULTURAL

Not speaking a country's language Not knowing a country's customs Not fitting in at work

MENTAL

Mental fog Lack of focus Forgetfulness Indecisiveness