

Stress Triggers and Your Mental Health: What to Know



Stress Trigger	Impact	Solutions
Work-Related Pressures	Heavy workloads, job insecurity, long hours, and unclear expectations contribute to anxiety and burnout.	Set clear boundaries around work hours, protect personal time, and ask for support from managers when needed.
	66% of U.S. employees report feeling burned out, and depression and anxiety account for 12 billion lost working days annually, costing \$1 trillion in productivity.	Employees whose mental health is supported are twice as likely to experience less burnout or depression.
Financial Concerns	Rising costs, inflation, and fear of layoffs weigh heavily, with 83% of Americans reporting financial stress.	Create a realistic budget, break large financial goals into smaller steps, and seek mental health care through insurance or sliding-scale fees if needed.
	Millennials (67%) and Gen Z (58%) are most affected, and 60% avoid seeking mental health support due to cost.	
Relationship Challenges	Conflict, miscommunication, and distance in close relationships significantly impact mental health.	Practice honest, calm communication using "I" statements, actively listen, and seek guidance from family or couples therapists when needed.
	Relationships are a primary source of meaning for 92% of Americans, and strained bonds increase stress.	
Health Anxieties	Worry about physical health or the health of loved ones often leads to heightened anxiety. Cyberchondria, excessive online symptom searches, exacerbates health-related stress.	Limit symptom searches, consult trusted medical professionals, schedule regular check-ups, and use grounding techniques to stay present.
Social and Environmental Factors	Loneliness, societal division, and unsettling news contribute to stress.	Engage in acts of connection by reaching out to friends, joining community groups, or volunteering.
	Over half of Americans experience loneliness, and 94% of highly lonely adults report physical stress symptoms like headaches or fatigue.	Balance news and social media use to preserve mental wellbeing.

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Recognizing Personal Stress Patterns	Stress triggers differ for everyone. Signs such as a tight chest, irritability, or trouble concentrating signal heightened stress.	Keep a journal to track stress patterns, identify triggers, and observe responses over time to enable effective interventions.
Building a Stress Management Toolkit	Chronic stress can lead to anxiety, burnout, and depression without intervention. Effective tools address both daily pressures and long-term resilience.	Use techniques like cognitive behavioral therapy (CBT), mindfulness meditation, progressive muscle relaxation, paced breathing, and physical activity to reduce stress sustainably.