



Stress Hexagon

Health and Lifestyle:
Illness, inadequate sleep, poor diet, or excessive consumption of alcohol or caffeine can contribute to stress.

Financial Strain:
With debt, taxes, and the general pressure to make ends meet.

Social Comparison:
The anxiety and insecurity that can arise from comparing oneself to others, especially on social media.

Personal Relationships:
Conflict, poor communication, and general strain within family or romantic relationships.

Work and Academic Pressures:
Overly demanding work environments, tight deadlines, and the pressure to perform well in school.

Time Management and Work-Life Balance:
Feeling overwhelmed by juggling work, personal commitments, and leisure time.

Example

