

Stress

Definition of the noun:

- a physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation
- a state resulting from a stress especially : one of bodily or mental tension resulting from factors that tend to alter an existent equilibrium

Synonyms for stress:

- pressure
- strain
- tension

Used with the verb 'to be' or 'to feel' and often with the adverb 'out'. It can also be used as a verb in its own right:

I feel *stressed out*.

I am *stressed*.

The traffic in Santiago *stresses me out*.

The noun can be changed into an adjective, 'stressful' or an adverb, 'stressfully':

This is a *stressful* time at work.

Call centres are, by definition, *stressfully* noisy and glary.