

5 TYPES OF WORK STRESS

Over 80% of working Americans report being affected by all five types of work stress included in the study. While Schedule Stress occurs most often, Sudden Stress was shown to have the greatest negative impact.

Stress Type

Description

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- 1 Schedule**

Stress from having too much to do and not enough time. Back-to-back meetings, endless commitments – you barely have a moment to breathe.
 - 2 Suspense**

Stress from waiting for what's uncertain or looming. The deadline, decision, or tough conversation isn't here yet, but the anticipation is already wearing on you.
 - 3 Social**

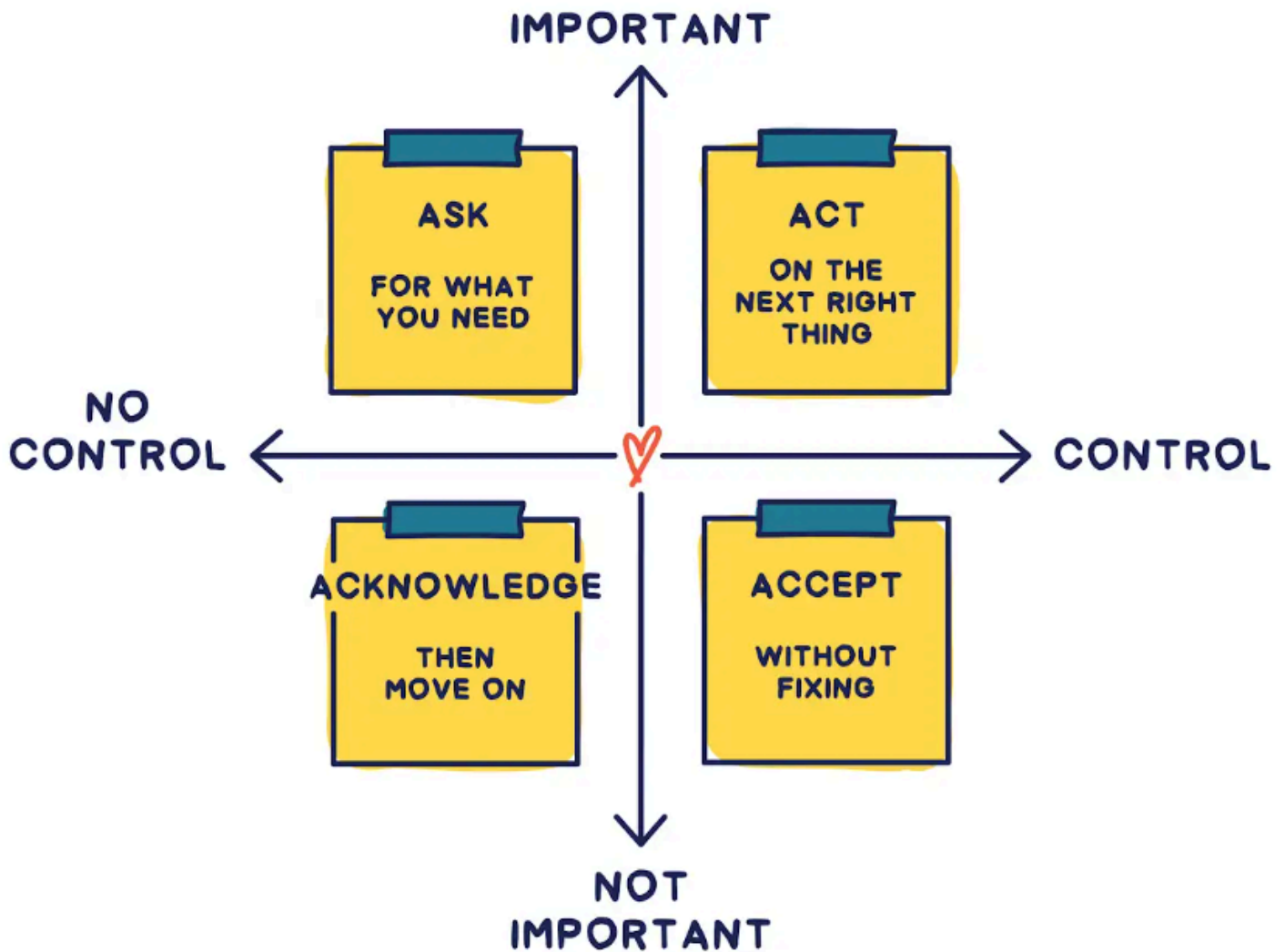
Stress from tension in relationships and team dynamics. You can feel it in the awkward silences and unresolved conflict.
 - 4 Sudden**

Stress that arrives unannounced and demands a response. An urgent request or a last-minute change throws your day off course.
 - 5 System**

Stress from structures, processes, and culture. Unclear expectations, power imbalances, inequity, and inefficient processes that create stress.

Excerpt adapted from *Cheers to Monday: The Surprisingly Simple Method to Lead and Live with Less Stress and More Joy* by Amy Leneker. Published by Wiley. Copyright 2026. Note: The first four types align with Dr. Karl Albrecht's work from 1979 with four categories of stress in workplaces: time, anticipatory, encounter, and situational stress.

THE UN-STRESSING METHOD™ MATRIX



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