

Need another word that means the same as “stressful”? Find 9 synonyms and 30 related words for “stressful” in this overview.

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**The synonyms of “Stressful” are: nerve-racking, nerve-wracking, trying, demanding, exacting, taxing, difficult, hard, tough**

## **Stressful as an Adjective**

### **Definitions of "Stressful" as an adjective**

According to the [Oxford Dictionary of English](#), “stressful” as an adjective can have the following definitions:

- *Extremely irritating to the nerves.*
- *Causing mental or emotional stress.*



## Synonyms of "Stressful" as an adjective (9 Words)

<b>demanding</b>	(of a person) making others work hard or meet high standards; not easily satisfied. <i>A baby can be so <b>demanding</b>.</i>
<b>difficult</b>	Hard to control. <i>She had a <b>difficult</b> decision to make.</i>
<b>exacting</b>	Making great demands on one's skill, attention, or other resources. <i>An <b>exacting</b> instructor.</i>
<b>hard</b>	Unfortunate or hard to bear. <i>The slate broke on the <b>hard</b> floor.</i>
<b>nerve-racking</b>	Extremely irritating to the nerves.
<b>nerve-wracking</b>	Extremely irritating to the nerves.
<b>taxing</b>	Not easily borne; wearing. <i>A <b>taxing</b> schedule.</i>

**tough**

Feeling physical discomfort or pain **tough** is occasionally used colloquially for bad.

**Tough** street gangs.

**trying**

Extremely irritating to the nerves.

*It had been a very **trying** day.*



### Usage Examples of "Stressful" as an adjective

- *Corporate finance work can be stressful.*
- *The stressful days before a war.*



## Associations of "Stressful" (30 Words)

- aching** Arousing, experiencing, or expressive of intense sorrow or longing.  
*An **aching** sense of loss.*
- agonizing** Causing great physical or mental pain.  
*There is an **agonizing** choice to make.*
- biting** Capable of wounding.  
*A cream to ward off **biting** insects.*
- callus** Form a callus or calluses.  
*The exposed surface will quickly form healing **callus**.*
- complicated** Consisting of many interconnecting parts or elements; intricate.  
*A **complicated** problem.*
- daunting** Seeming difficult to deal with in prospect; intimidating.  
*A **daunting** task.*

<b><u>debacle</u></b>	Flooding caused by a tumultuous breakup of ice in a river during the spring or summer. <i>The only man to reach double figures in the second innings <b>debacle</b>.</i>
<b>defeated</b>	People who are defeated. <i>The <b>defeated</b> enemy.</i>
<b>disappointed</b>	(of hopes or expectations) prevented from being realized. <i>Thousands of <b>disappointed</b> customers were kept waiting.</i>
<b><u>discouraging</u></b>	Causing someone to lose confidence or enthusiasm; depressing. <i>Where never is heard a <b>discouraging</b> word.</i>
<b><u>disillusioned</u></b>	Freed from illusion. <i>The minority groups were completely <b>disillusioned</b> with the party.</i>
<b>distressing</b>	Causing anxiety, sorrow or pain; upsetting. <i>Some very <b>distressing</b> news.</i>
<b>doleful</b>	Expressing sorrow; mournful. <i>He could be struck off with <b>doleful</b> consequences.</i>
<b><u>excruciating</u></b>	Extremely painful. <i>He explained the procedure in <b>excruciating</b> detail.</i>
<b>foiled</b>	Disappointingly unsuccessful. <i>Their <b>foiled</b> attempt to capture Calais.</i>
<b><u>frustrating</u></b>	Discouraging by hindering. <i>It can be very <b>frustrating</b> to find that the size you want isn't there.</i>
<b>intimidating</b>	Having a frightening, overawing, or threatening effect. <i>The <b>intimidating</b> defence barrister.</i>
<b>irksome</b>	Irritating; annoying. <i>Petty regulations were becoming very <b>irksome</b>.</i>
<b>mournful</b>	Expressing sorrow. <i>Stared with <b>mournful</b> eyes.</i>
<b><u>painful</u></b>	Causing physical pain. <i>A <b>painful</b> performance.</i>
<b><u>poignant</u></b>	Keenly distressing to the mind or feelings. <i><b>Poignant</b> grief cannot endure forever.</i>
<b>sad</b>	Of things that make you feel sad Christina Rossetti. <i>A <b>sad</b> day for us all.</i>
<b>sore</b>	Causing misery or pain or distress. <i>He was <b>sore</b> from the long ride.</i>
<b><u>sorrowful</u></b>	Causing grief. <i><b>Sorrowful</b> news.</i>

- tedious** Too long, slow, or dull; tiresome or monotonous.  
*A **tedious** journey.*
- torturous** Extremely painful.  
*A **torturous** five days of fitness training.*
- trying** Difficult or annoying; hard to endure.  
*Fell upon **trying** times.*
- unfulfilled** Not having fully utilized or exploited one's abilities or character.  
***Unfulfilled** and uneasy men.*
- unhappy** Causing discomfort.  
*Had an **unhappy** time at school.*
- unsatisfied** Not having been satisfied.  
*The compromise left all sides **unsatisfied**.*

