

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)

demanding	(of a person) making others work hard or meet high standards; not easily satisfied. <i>A baby can be so demanding.</i>
difficult	Hard to control. <i>She had a difficult decision to make.</i>
exacting	Making great demands on one's skill, attention, or other resources. <i>An exacting instructor.</i>
hard	Unfortunate or hard to bear. <i>The slate broke on the hard floor.</i>
nerve-racking	Extremely irritating to the nerves.
nerve-wracking	Extremely irritating to the nerves.
taxing	Not easily borne; wearing. <i>A taxing 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. <i>An aching sense of loss.</i>
<u>agonizing</u>	Causing great physical or mental pain. <i>There is an agonizing choice to make.</i>
biting	Capable of wounding. <i>A cream to ward off biting insects.</i>
callus	Form a callus or calluses. <i>The exposed surface will quickly form healing callus.</i>
<u>complicated</u>	Consisting of many interconnecting parts or elements; intricate. <i>A complicated problem.</i>
<u>daunting</u>	Seeming difficult to deal with in prospect; intimidating. <i>A daunting task.</i>

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

