

## STRESS VS ANXIETY

# STRESS



**short term**

**in response to a  
recognized threat**

SPAN

# ANXIETY

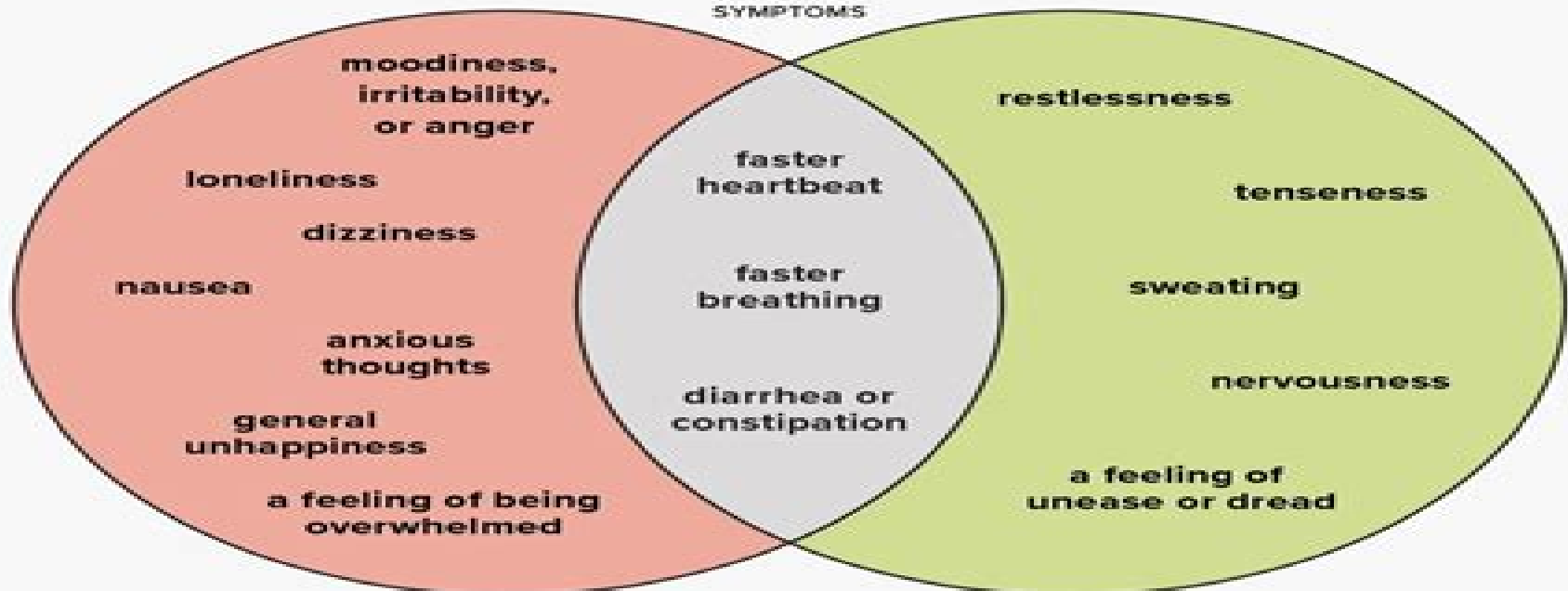


**can linger**

**may not have an  
identifiable trigger**

CAUSE /  
ORIGIN

SYMPTOMS



# Anxiety Relief Compare

**Marco Cascella**



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