

STRESS VS ANXIETY

STRESS



short term

**in response to a
recognized threat**

ANXIETY



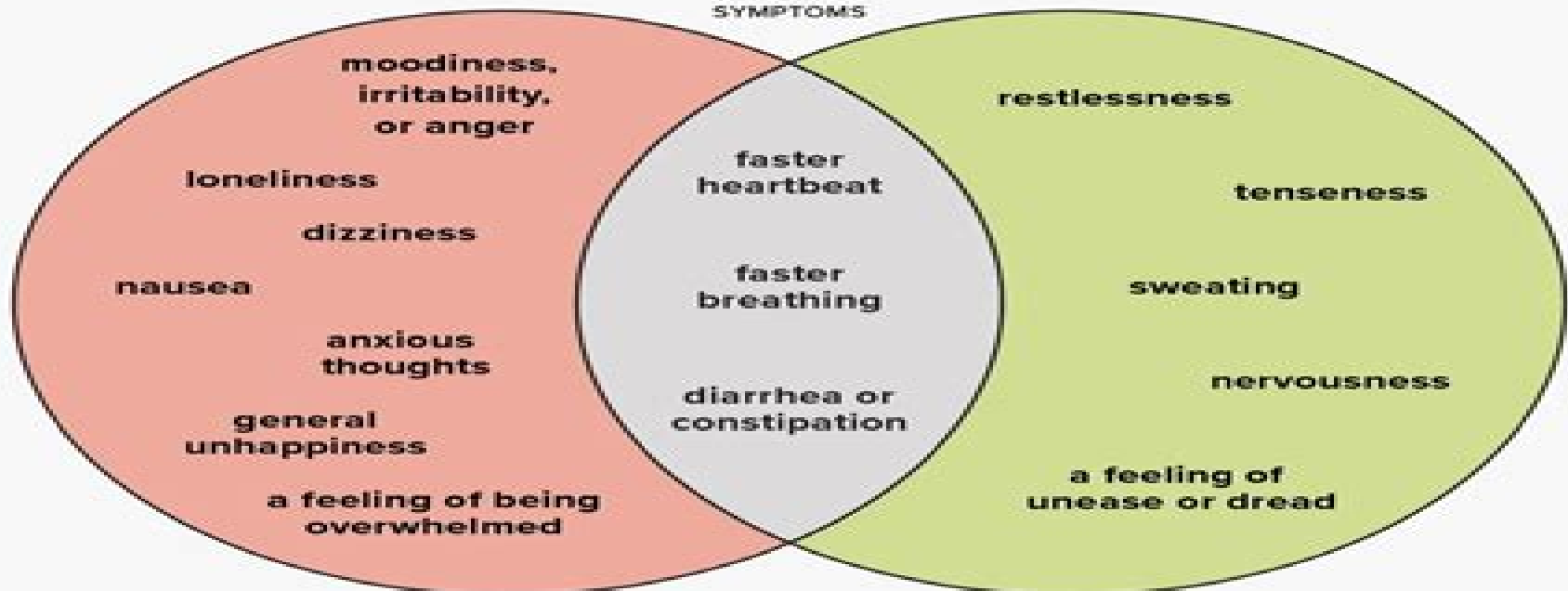
can linger

**may not have an
identifiable trigger**

SPAN

CAUSE /
ORIGIN

SYMPTOMS



Anxiety Relief Compare

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