

# STRESS VS ANXIETY

## STRESS



**short term**

**in response to a  
recognized threat**

## ANXIETY



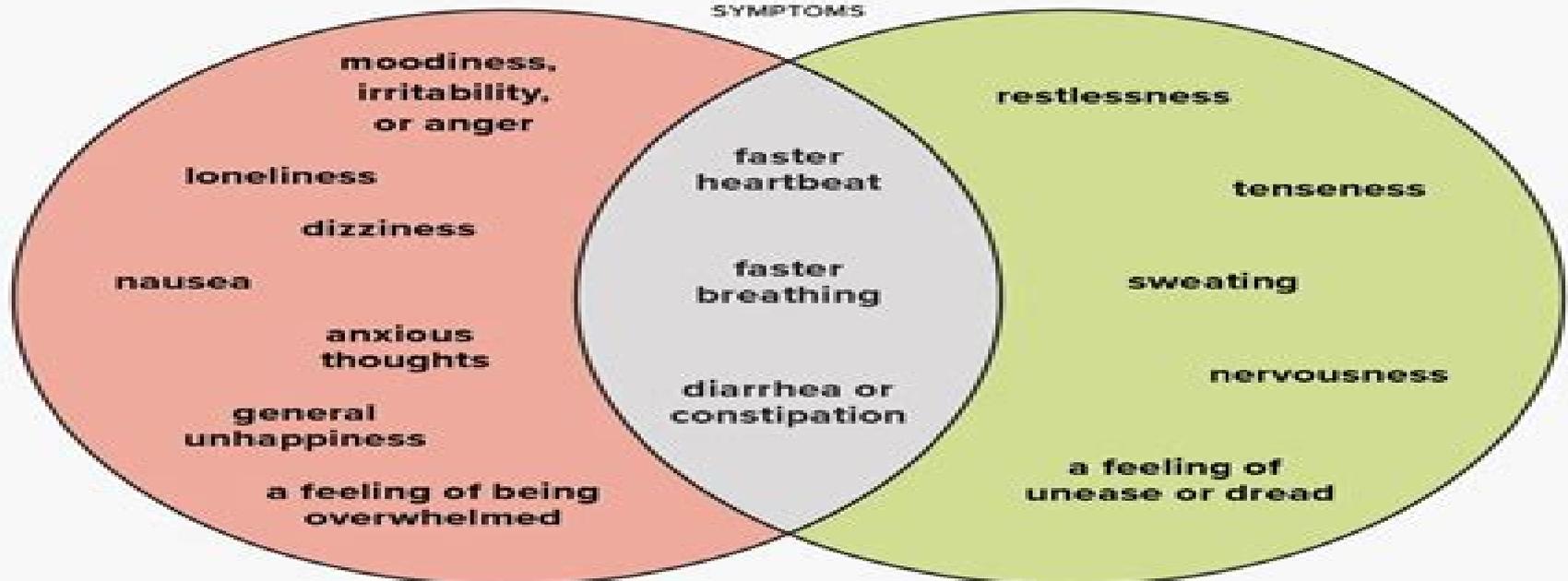
**can linger**

**may not have an  
identifiable trigger**

SPAN

CAUSE /  
ORIGIN

SYMPTOMS



# Anxiety Relief Compare

**Albert A Gayle**



## **Anxiety Relief Compare:**

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