

# 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 Setup

**M Lipman**



## **Anxiety Relief Compare Setup:**

Ignite the flame of optimism with Crafted by is motivational masterpiece, Fuel Your Spirit with **Anxiety Relief Compare Setup** . In a downloadable PDF format ( PDF Size: \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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