

STRESS VS ANXIETY

STRESS



short term

in response to a recognized threat

ANXIETY



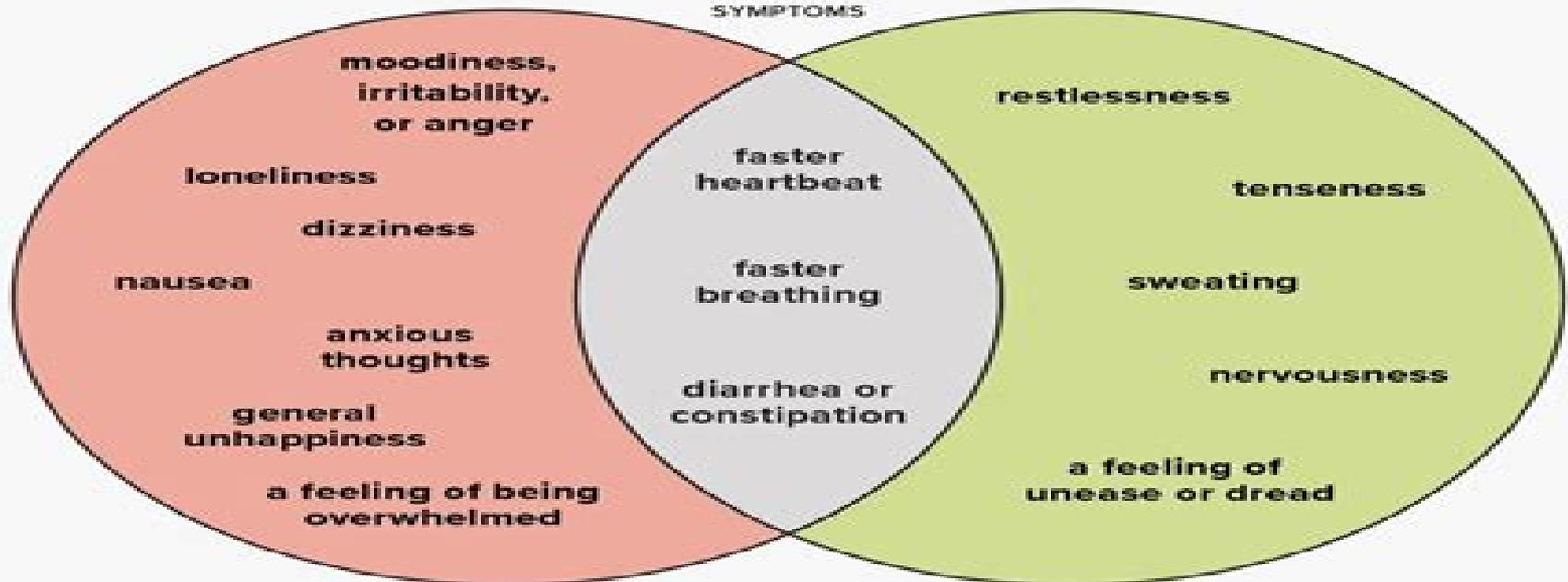
can linger

may not have an identifiable trigger

SPAN

CAUSE /
ORIGIN

SYMPTOMS



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