

STRESS VS ANXIETY

STRESS



short term

**in response to a
recognized threat**

SPAN

ANXIETY

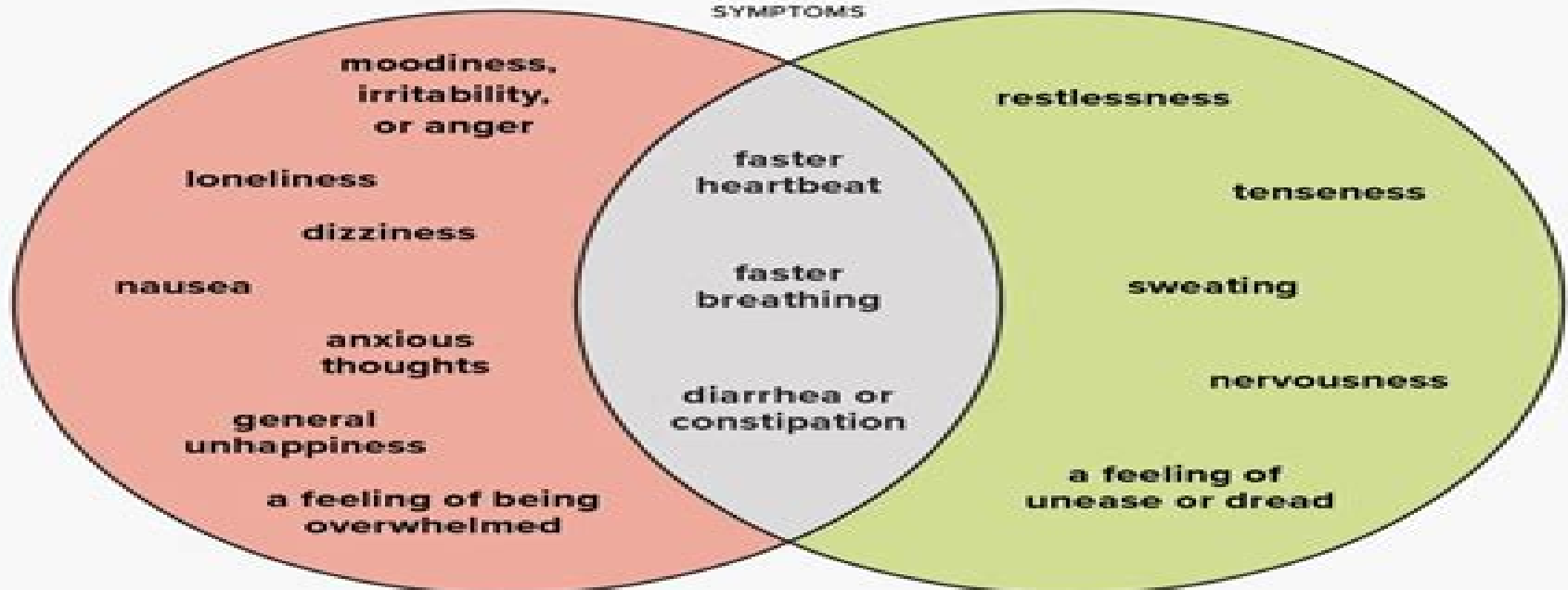


can linger

**may not have an
identifiable trigger**

CAUSE /
ORIGIN

SYMPTOMS



Anxiety Relief Compare

J Elliott



Anxiety Relief Compare:

Ignite the flame of optimism with Crafted by is motivational masterpiece, **Anxiety Relief Compare** . In a downloadable PDF format (*), 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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