

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 Rink



Anxiety Relief Compare:

Immerse yourself in heartwarming tales of love and emotion with is touching creation, **Anxiety Relief Compare** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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