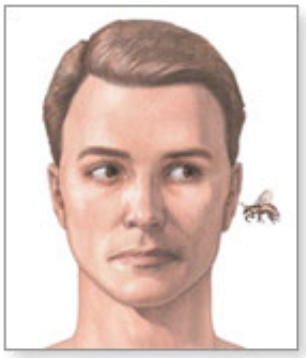
Stress vs. Anxiety

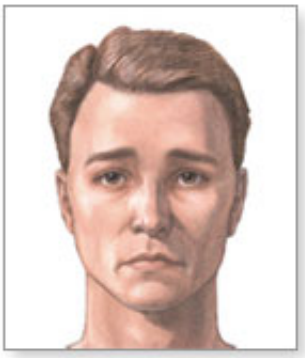
by NEWLIFEOUTLOOK TEAM

Is It Stress or Anxiety?

If you're stressed, your stress will go away once the cause of your stress is gone. So, if you're feeling stressed out because of a project at work with really tight deadlines, your stress will go away once the project is completed. If you have anxiety, the stress continues even after the cause of the stress is gone. So, whether you're stressed or have anxiety, relaxation techniques can help to reduce the stress that you're feeling. Relaxation can be as simple as taking a break for a minute to close your eyes, listen to some soothing music, and practice inhaling deeply and then exhaling slowly. You can also spend time in any locations that tend to help you to relax. This may be close to a pond or a fountain where the gentle flow of water helps you to forget about the cause of your stress.



Stress is caused by an existing stress-causing factor or "stressor"



Anxiety is stress that continues after the stressor is gone

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Physical activity and relaxation techniques can help reduce stress and anxiety. Proper nutrition can also help the body to handle stress better by keeping it running optimally. If stress becomes unmanageable, there are professional individuals such as licensed social workers and psychologists who are trained to help people deal with their stress and anxiety.