Stress vs. Anxiety

STRESS

DISORDER

- Anger
- Prompted by circumstance
- Digestive issues
- · Racing thoughts
 - Ends when stressful situation (trigger) ends

- Fatigue
- Insomnia
- Irritability
- Muscle tension
- Elevated blood pressure
- Difficulty concentrating
 - Increased heart rate
 - Excessive worry
 - Headaches
 - · Chest pain

- Ongoing dread
 - · Shortness of breath
 - Possible panic attack
 - Continuous, regardless of circumstances
 - Intense worry (with/without external trigger)
 - Poop urge
 - · Cough
 - Itching
 - Hives
- · Gas

Stress And Anxiety

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