



Anxiety

It is an intense, prolonged feeling of fear and worry about everyday situations.

It's the apprehension of what's to come, even if there's no evident threat.

The body's 'fight or flight' system kicks into overdrive, often without a clear trigger.



Stress

It is the body's direct response to a challenge or demand.

It's typically tied to specific events or uncertainties, like an upcoming job interview or financial difficulties.

Once the situation is resolved, stress usually reduces.



Depression

It delves deeper, marked by feelings of sadness, hopelessness, and a loss of interest or pleasure in most activities.

It's more than just a bad day or week; it's a persistent cloud that impacts all facets of life.

Stress Anxiety Depression

PT Brinkman



Stress Anxiety Depression:

Discover tales of courage and bravery in Crafted by is empowering ebook, **Stress Anxiety Depression** . In a downloadable PDF format (*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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