

STRESS VS ANXIETY

STRESS



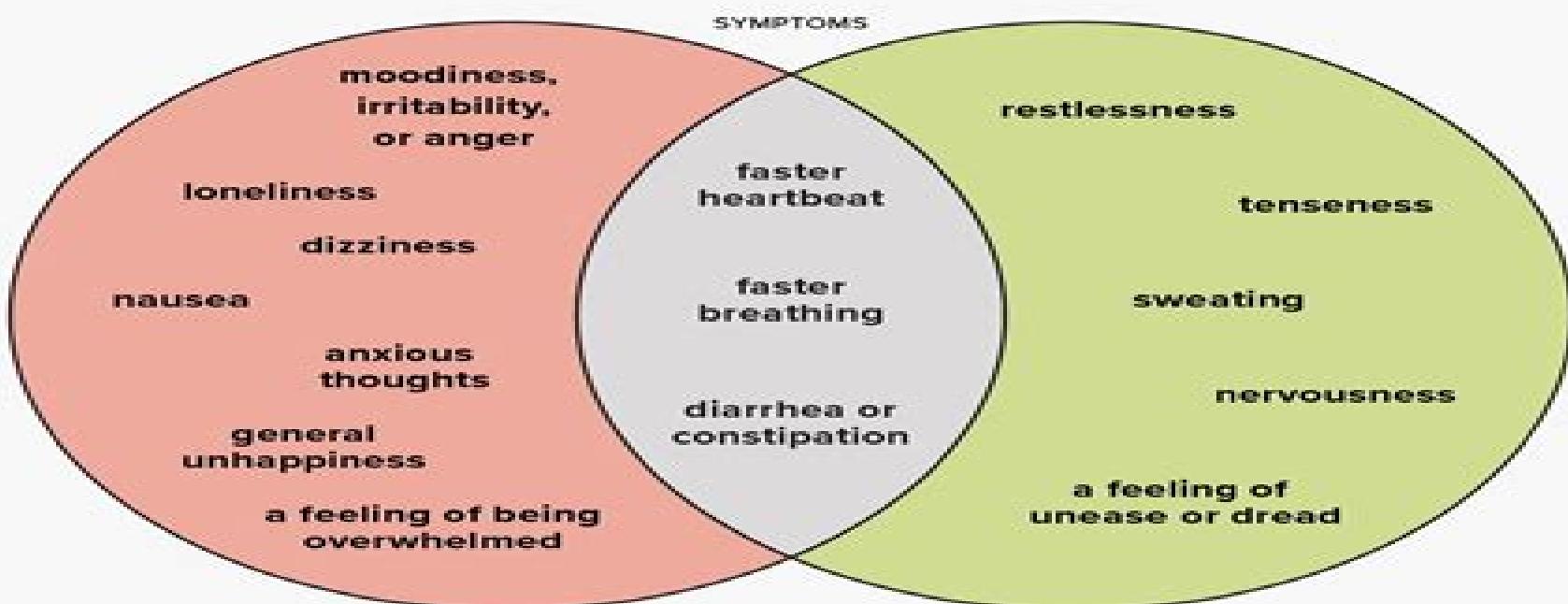
**in response to a
recognized threat**

SPAN

ANXIETY



**may not have an
identifiable trigger**



Anxiety Relief Vs

**Samuel F. Dworkin, Thomas P.
Ference, Donald B. Giddon**

Anxiety Relief Vs:

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