



# I'M SO STRESSED OUT!

## Is it stress or anxiety?

### Stress

- Generally is a response to an *external* cause, such as taking a big test or arguing with a friend.
- Goes away once the situation is resolved.
- Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.

### Both Stress and Anxiety

Both stress and anxiety can affect your mind and body. You may experience symptoms such as:

- Excessive worry
- Uneasiness
- Tension
- Headaches or body pain
- High blood pressure
- Loss of sleep

### Anxiety

- Generally is *internal*, meaning it's your reaction to stress.
- Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life.
- Is constant, even if there is no immediate threat.

## Ways to Cope

- Keep a journal.
- Download an app with relaxation exercises.
- Exercise and eat healthy.
- Get regular sleep.
- Avoid excess caffeine.
- Identify and challenge your negative thoughts.
- Reach out to your friends or family.

## Find Help

If you are struggling to cope, or the symptoms of your stress or anxiety begin to interfere with your everyday life, it may be time to talk to a professional. Find more information about getting help on the National Institute of Mental Health website at [www.nimh.nih.gov/findhelp](http://www.nimh.nih.gov/findhelp).



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## **Table of Contents Anxiety Relief This Month Open Now**

1. Understanding the eBook Anxiety Relief This Month Open Now
  - The Rise of Digital Reading Anxiety Relief This Month Open Now
  - Advantages of eBooks Over Traditional Books
2. Identifying Anxiety Relief This Month Open Now
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Anxiety Relief This Month Open Now
  - User-Friendly Interface
4. Exploring eBook Recommendations from Anxiety Relief This Month Open Now
  - Personalized Recommendations
  - Anxiety Relief This Month Open Now User Reviews and Ratings
  - Anxiety Relief This Month Open Now and Bestseller Lists
5. Accessing Anxiety Relief This Month Open Now Free and Paid eBooks
  - Anxiety Relief This Month Open Now Public Domain eBooks
  - Anxiety Relief This Month Open Now eBook Subscription Services
  - Anxiety Relief This Month Open Now Budget-Friendly Options

6. Navigating Anxiety Relief This Month Open Now eBook Formats
  - ePUB, PDF, MOBI, and More
  - Anxiety Relief This Month Open Now Compatibility with Devices
  - Anxiety Relief This Month Open Now Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Anxiety Relief This Month Open Now
  - Highlighting and Note-Taking Anxiety Relief This Month Open Now
  - Interactive Elements Anxiety Relief This Month Open Now
8. Staying Engaged with Anxiety Relief This Month Open Now
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Anxiety Relief This Month Open Now
9. Balancing eBooks and Physical Books Anxiety Relief This Month Open Now
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Anxiety Relief This Month Open Now
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Anxiety Relief This Month Open Now
  - Setting Reading Goals Anxiety Relief This Month Open Now
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Anxiety Relief This Month Open Now
  - Fact-Checking eBook Content of Anxiety Relief This Month Open Now
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

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