#### STRESS VS ANXIETY

STRESS

ANXIETY



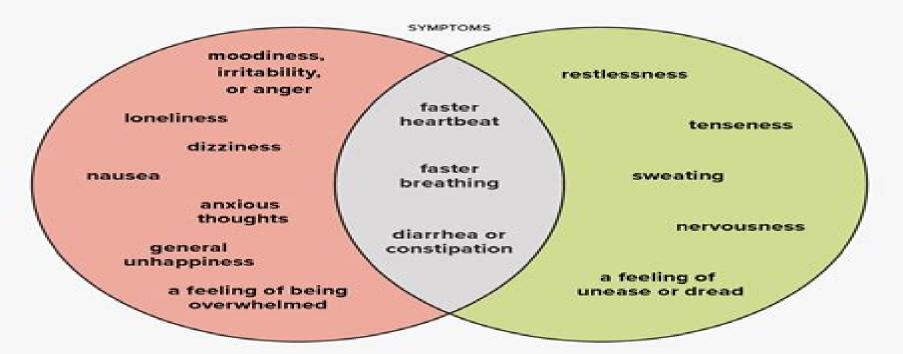
SPAN

can linger

in response to a recognized threat

CAUSE /

may <u>not</u> have an identifiable trigger



# **Anxiety Relief Vs**

**English language** 



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