

Printable Somatic Healing Cards

Stress and Anxiety: Key Differences & Why it Matters

The differences between
Stress and Anxiety

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Stress generally stems from an external cause- like worrying about a job interview or moving house. It is usually temporary and goes away when the issue is resolved.

Anxiety is an internal response and is accompanied by persistent feelings of uneasiness or dread. It can be constant and does not necessarily arise from external 'threats'.

Both stress and anxiety can affect your emotional and physical wellbeing. This can look like feelings of worry, tension, headaches, body aches, and loss of sleep.

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Stress

Stress generally is a response to an external cause. For example, interviewing for a new job or arguing with a loved one may make you feel stressed. Stress is how you react when you feel you are under pressure. You can also become stressed when you are in a situation that you are unable to manage or control.

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Anxiety

Anxiety is a specific reaction to stress and its origin is internal. Unlike stress which may resolve fairly quickly after a concern has passed, anxiety is typically characterized by a persistent feeling of apprehension or uneasiness in situations that may not be threatening. This can include waking up with feelings of dread or not being able to 'switch off' at the end of the day.

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Why is it important to know the difference between stress & anxiety?

Knowing whether you are suffering from acute stress, chronic stress or anxiety is crucial to your wellbeing and managing the emotional and physical symptoms. As stress is a common trigger for anxiety, it is important to manage your stress levels and catch anxiety symptoms early to prevent development of an anxiety disorder.

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Types of Stress

Acute stress happens within a few minutes to a few hours of an event or situation. It generally lasts for a short period of time and doesn't occur frequently. It can also happen after an upsetting or unexpected event.

Chronic stress on the other hand, lasts for a long period of time or keeps coming back. You might experience this if you feel you are under lots of pressure a lot of the time. You might also feel chronic stress if your day-to-day life is difficult, for example if you are feeling burnout or overworked.

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