

Anxiety, Worry or Stress?

Most individuals will experience worry, stress and anxiety throughout different times in their lives. Is there a difference between them?

Worry: Worry tends to be repeated negative thoughts about something not going right or an unpleasant or uncertain event or situation. Worry is in your thoughts, it is your inner voice.

Stress: Stress is a response to pressures, threats or events of concern or demand real or perceived. Stress will often trigger a physical reaction like breathing rapidly, sweating, upset stomach, sleeplessness or sometimes shaking.

Anxiety: Anxiety is an emotion and is what happens when dealing with a lot of stress and worry brought on by continuously thinking negatively about something. It's an excessive worry that isn't really grounded in reality. Worry affects the mind, stress affects the body and anxiety affects both.

Task:

1. Explain what caused you to be worried and how you know it was an experience of worry.
2. Explain a time when you felt you were experiencing stress and explain why you think it was stress you were feeling.
3. Explain a time where you felt you were experiencing anxiety and explain why you think it was anxiety you were feeling.

