## Stress vs. Anxiety

#### STRESS

# DISORDER

- Anger
- Prompted by circumstance
- Digestive issues
- · Racing thoughts
  - Ends when stressful situation (trigger) ends

- Fatigue
- Insomnia
- Irritability
- Muscle tension
- Elevated blood pressure
- Difficulty concentrating
  - Increased heart rate
    - Excessive worry
      - Headaches
      - · Chest pain

- · Ongoing dread
  - · Shortness of breath
    - Possible panic attack
      - Continuous, regardless of circumstances
        - Intense worry (with/without external trigger)
      - Poop urge
      - Cough
    - Itching
  - Hives
- · Gas

### **Effects Of Stress And Anxiety On The Family**

**Didier Musso** 

**Effects Of Stress And Anxiety On The Family:** 

Decoding Effects Of Stress And Anxiety On The Family: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "Effects Of Stress And Anxiety On The Family," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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