Stress:

Everyone experiences stress. It is a normal human reaction to a stressor. Often caused by worry due to a defined or recognizable incident or circumstance. Once the stressor goes away, stress will subside. Stress can feel like:

- General worry about work, school, or important events
- Discomfort in social situations/self-consciousness
- Feel nervous before a performance or presentation.
- Realistic fear of a dangerous circumstance

Most people can manage stress with clear boundaries, time management skills, and health coping mechanisms. Implementing or developing these can stop major stress from becoming an issue.

Anxiety:

Anxiety is a response to an unknown or undefined source. Irrational and intrusive thoughts seemingly come from nowhere. Symptoms can remain despite the lack of identifiable stressor. It can cause significant disruption to our ability to function in daily life. Anxiety can feel like:

- Excessive or uncontrollable worry or fear
- Avoidance of social situations due to fear of judgement or embarrassment
- Irrational fear of a circumstance that poses little or no actual danger/threat.
- Physical symptoms (ie: chest/stomach pain, headaches, muscle tension, clenched jaw, etc.)

Anxiety can be difficult to manage as it becomes excessive, uncontrollable, intrusive, distressing, and even impairing for some. It is important to set reasonable goals and expectations for yourself, move at your own pace, and avoid comparing your accomplishments to those around you. Try some of the following self-care options to help slow and ease your mind:

- Reach out to a friend to chat.
- Get some fresh air, move your body, exercise!
- Meditation, yoga, mindful breathing, journaling, list making.
- Stay hydrated, Meal plan/meal prep (healthy options!)
- Tidy your space.
- Setting and following a routine.