



Hello,

This week I want to discuss the differences between stress and anxiety. Many people use the two terms interchangeably, but as some know there are some significant differences between the two conditions.

According to the American Psychological Association “People under stress experience mental and physical symptoms, such as irritability, anger, fatigue, muscle pain, digestive troubles, and difficulty sleeping. On the other hand, anxiety is defined by persistent, excessive worries that don’t go away even in the absence of a stressor.”

While stress can be upsetting, it is important to acknowledge that it will often disappear once the stimulus is no longer present. Anxiety on the other hand can be a little more challenging to manage. Let's look into what the effects of anxiety have on our young people.

Check Out These Videos



Impacts of Anxiety



Mental Impacts

- Feeling nervous
- Feeling helpless
- Having difficulty concentrating
- A sense of impending panic, danger or doom
- Obsessively thinking about the panic trigger
- Being irritable

Physical Impacts

- Fatigue
- Increased heart rate
- Heart palpitations
- Shortness of breath
- Dizziness
- Muscle aches
- Muscle weakness
- Headaches
- Digestion discomfort
- Tingling sensations

Stress vs. Anxiety

STRESS

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

ANXIETY DISORDER

- 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

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Ways to Cope

Keep physically active.

Exercise is a powerful stress reducer. It can improve your mood and help you stay healthy.

Avoid alcohol, recreational drugs and caffeine.

These substances can cause or worsen anxiety.

Use stress management and relaxation techniques.

Visualization techniques, meditation and yoga are examples of relaxation techniques that can ease anxiety.

Make sleep a priority.

Do what you can to make sure you're getting enough sleep to feel rested.

Eat healthy foods.

A healthy diet that incorporates vegetables, fruits, whole grains and fish may be linked to reduced anxiety.

Learn about your disorder.

Talk to your health care provider to find out what might be causing your specific condition and what treatments might be best for you.

Stick to your treatment plan.

Consistency can make a big difference, especially when it comes to taking your medication.

Identify triggers.

Learn what situations or actions cause you stress or increase your anxiety.

Keep a journal.

Keeping track of your personal life can help you and your mental health provider identify what's causing you stress and what seems to help you feel better.

Socialize.

Don't let worries isolate you from loved ones or activities.

Tips for Coping with Anxiety



verywell

Person: you seem chill
Me: I am

My anxiety:



Want to know more? Check out these resources.

- [Crisis Lifeline](#)
- [The Mayo Clinic](#)



Contact Your Mental Health Navigator:

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