

STRESS AND ANXIETY - THE DIFFERENCE

Stress and anxiety are two terms that are often used interchangeably, but they are not the same thing.

Stress is a response to a real or perceived threat, while anxiety is a feeling of unease, such as worry or fear, about what may happen in the future.



Stress is a natural response to a challenge or demand, whether it is physical or emotional. It can be caused by positive or negative events, such as starting a new job, getting married, or experiencing a traumatic event.

Stress triggers the body's fight-or-flight response, which releases hormones such as adrenaline and cortisol. These hormones increase heart rate, blood pressure, and respiration rate to prepare the body for action.

Anxiety, on the other hand, is a feeling of unease that can be triggered by stress or other factors. It is often characterized by excessive worry or fear about future events or situations that may not even happen.

Anxiety can be mild or severe and can interfere with daily activities and relationships.

While stress and anxiety share some symptoms, such as muscle tension and irritability, there are some key differences between the two.

Stress is usually short-term and goes away once the stressor is removed or the situation is resolved. Anxiety can be long-term and persistent even after the stressor has been removed.

Additionally, stress tends to be more situational and specific to a particular event or situation.

Anxiety can be more generalized and affect multiple areas of life. For example, someone may experience stress before giving a presentation at work but may also experience anxiety about social situations in general.

So anxiety as you can see is not the same as stress, anxiety is caused by a constant delusional trance state that involves focusing on what has happened in the past, something that cannot be recreated or changed, or using your imagination as a crystal ball and worrying about what the future holds, something you don't have any control over other than making plans.

Being present in the reality of the moment is key, stress is the pressure you are experiencing in the moment so you only need to deal with what is in front of you right now, past or future worry and thinking is delusional because you are doing it to yourself.

To stay healthy and in control, like a car we need maintenance, but most people just carry on even though the warning lights are lighting up on the dashboard, now if you did that to your car it would not run for long.

Sometimes we need to pull over and find someone who knows how to fix things before it's too late. When you start to educate yourself about stress, anxiety, and fear, you will become aware of just how damaging all these things can be.

Help is at hand by giving you the stress test and explaining how stress works, and how you can start to control and improve your understanding.

The solutions are all available and they have helped me as I have shared with you earlier and my life has improved tenfold with each step forward I have made.



In summary, stress is a natural response to a challenge or demand while anxiety is a feeling of unease about past or future events and situations that may not even happen.

I hope this helps

Cheers

Gary