



## *Stress and anxiety*

***In both good times and bad, most people may feel stressed or anxious in some aspect of their lives.***

**STRESS:** a response to a threat, situation, person, or interaction.

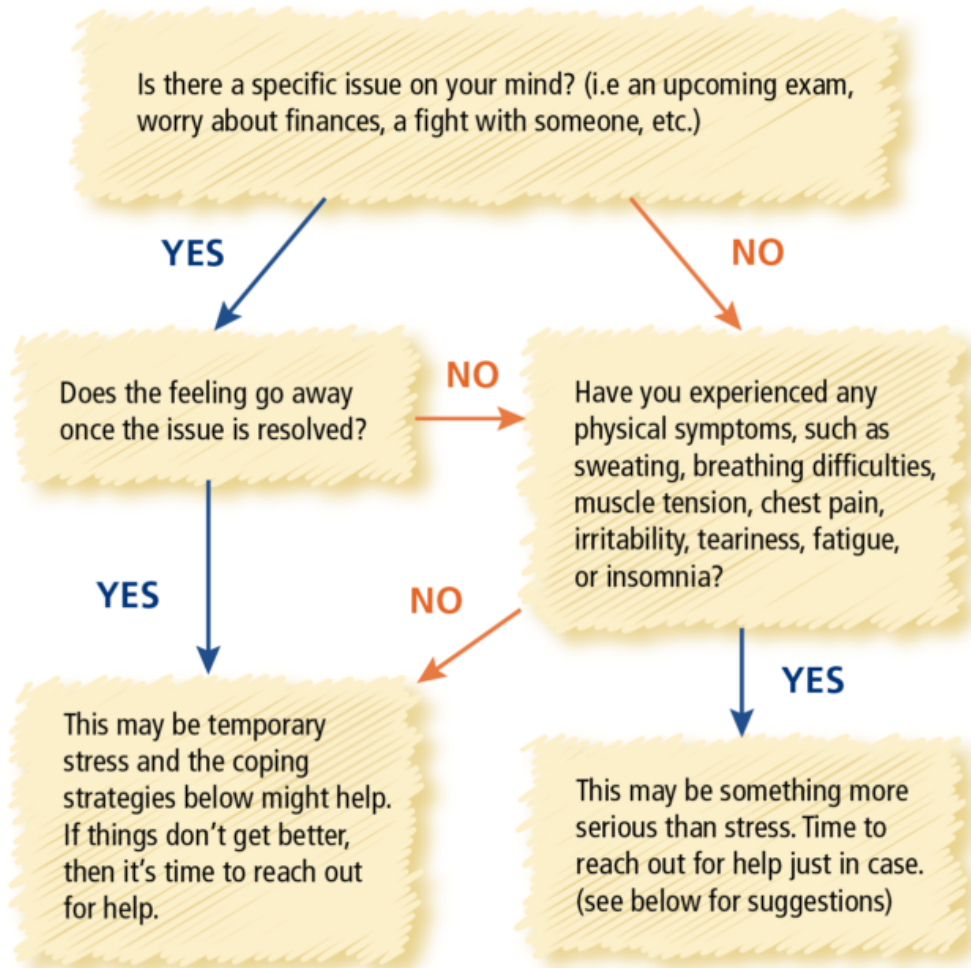
**ANXIETY:** a reaction to the stress; more long-term, and chronic.

Anxiety is different and more serious than stress, which is adaptive and can be protective. Stress before a test or a big game helps our body and mind focus and perform, for example. However, untreated anxiety or persistent stress can be debilitating ([learn more here](#)).

### ***Remember:***

→ Anxiety is common. Nearly 1 in 3 young adults experiences it.

→ Both anxiety and stress are treatable.



## ***Take some time to breathe***

***See the link below for meaningful deep breathing to help manage stress and anxiety.***

<https://www.instagram.com/p/CFXYLNvno1g/>

## ***Take some time to refocus***

***See the link to watch the video below and internalize the mantra to help manage stress and anxiety.***

[https://www.activeminds.org/wp-content/uploads/2020/09/Mantra\\_16x9\\_Static-background.mp4?\\_=1](https://www.activeminds.org/wp-content/uploads/2020/09/Mantra_16x9_Static-background.mp4?_=1)

**Source: <https://www.activeminds.org/>**