



what's the difference between



feeling  
anxious

vs

anxiety

normal feelings of anxiety  
or 'regular anxiety':

Is temporary and may  
'come and go'

Is **manageable** most  
of the time

Is in **response** to  
something stressful

**Doesn't interfere** with  
your usual everyday life

**Is good for you/healthy**  
(in small doses)

anxiety might be a problem  
or disorder for you if it:

Seems to **last a long  
time**/longer than usual

Is overwhelming or **hard to  
cope with**

Doesn't have a cause or  
seems **out of proportion**

**Interferes** with your  
everyday life

Causes you **distress**