

is it stress, worry or anxiety?

key yes → no →

Do you feel it physically/in your body (but don't really think about it)?

Do you feel so overwhelmed that you can't get anything done?

Do you have obsessive thoughts and nothing seems to help?

Do physical coping strategies, like sleep or going for a run help a lot?

Is your 'worry' about one particular problem you are trying to solve?

Do you worry about lots of things, including things that happened a long time ago or might happen in the future?

Do you ever feel panicked, even when you are physically safe/ok?

This sounds like stress

Stress is your body's physical and survival response. It helps you fight or run away from danger ("fight or flight").

This sounds like worry

Worry is your mind's response to a specific or complex stress, such as a fight you had with a friend.

This sounds like anxiety

Anxiety happens when you experience stress AND worry at the same time, even if you are safe.

