

Practical self-help for stress and anxiety - relaxing music, etc.

Post by “Kalosyni” of October 29, 2023 at 2:10 PM

In post one above, I used the word "anxiety", but the word "stress" was actually more appropriate. Now that the situation has passed, I feel better - so it was definitely stress (and high cortisol levels).

This is a good comparison:

Quote

Stress and anxiety go together so often that the two terms are used interchangeably, but there are differences between the two. Stress is a normal bodily response cued by the brain and nervous system, and usually is triggered by an event or situation. Anxiety is a psychological condition that can develop when the stress response occurs too often, lasts too long, and is disproportionate to the situation.

([Source link](#))