

Title:

Change: Major Source of Stress and Anxiety

Word Count:

595

Summary:

While change is inevitable, anxiety and stress are the natural response to any changes in our environment. Anxiety is defined as a feeling of uneasiness and apprehension over

Keywords:

stress and anxiety

Article Body:

Almost everyday, new discoveries and inventions take the headlines. Modern day living has caused  
While change is inevitable, stress is our natural response to any changes in our environment.  
Change poses a challenge let go of the past, especially the comfortable, old ways of doing things.  
There is such a thing as a positive, good, and even beneficial form of stress. Good stress is  
There is a difference between anxiety as a feeling or experience, and an anxiety disorder as a  
Anxiety may somehow be related to fear, but they are not the same thing. Fear is described as  
To manage stress and anxiety, one must look at the world through new lenses. While there seems  
As the cliché goes, ^...the only constant in life is change.~ Accept changes with an open mind

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