

What's the difference between stress and anxiety



It's sometimes tricky to know the difference between feelings of stress and feelings of anxiety. Charlotte Rainer from the Children and Young People's Mental Health Coalition gives her advice.

The symptoms of stress and anxiety are often so similar that it's easy to confuse them, that's why it's so important to tell the difference between the two.

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What is stress?

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What is anxiety?

Anxiety is a feeling of unease and it can be a small worry or a big fear. Anxiety can interfere with your life, it can make you feel like you're losing control. Anxiety can also cause physical symptoms like shortness of breath, or it can change your behaviour.

If you've been feeling anxious lately and you can't tell the reason behind it, why don't you try to keep a diary and write down every time you feel this way?

If you're worried about anything big or small, then it's always worth speaking to a trusted adult. If you're not sure who best to speak to and you feel like you need help, then you can speak to [Childline](#) any time on 0800 1111.

Take a look at [Nikki Lilly and Katie Piper's tips on how to deal with social media anxiety.](#)

working together to keep our children safe and happy.

