Stress shares many signs and symptoms with anxiety disorders. It is important to detect and manage these symptoms before they become overwhelming.

**Stress** is the “pressure” emotion that you can connect with something specific: a deadline, the decline of a relationship, or critical feedback from your professor.

**Anxiety** is harder to pinpoint. It’s a combination of problems that seem to build up. We become less aware of what we are anxious about and the reaction becomes the problem.

**Anxiety is not stress.**

Stress is usually transient and can be remedied; anxiety might be a constant, unrelenting sensation that requires help from a professional in order to solve.

Worried that you might have anxiety? Find campus resources at chapman.edu/spcs

Worried about a friend? Get help at chapman.edu/scit

**About 50% of students report feeling overwhelmed with anxiety at least once within the last 12 months.**

**80% of college students say they sometimes or often feel stressed.**