



## GLOSSARY

WORD	DEFINITION	EXAMPLE
<b>Stress</b>	Something physical, chemical, or emotional that causes the body and/or mind to tense up.	Driving in rush hour traffic when you are already late for an important meeting can cause tension in the body and mind.
<b>Anxiety</b>	An overwhelming sense of worry and fear that is often noticeable by physiological signs (like sweating, tension, and increased pulse), by doubt concerning the reality and nature of the threat, and by self-doubt about their capacity to cope with it	Knowing that you need to go through an unpleasant treatment may cause some anxiety.