

ZASKRBLJENOST: worry vs. anxiety vs. concern

<https://www.henryford.com/blog/2020/08/the-difference-between-worry-and-anxiety>

While we use these terms interchangeably, they are entirely different and they have different implications for health and well-being. Chances are good that you regularly experience some level of **worry** (or even **anxiety**). Both states are marked by a **sense of concern**, disquiet and possibly stress.

Worry tends to reside in our minds. Anxiety affects both body and mind.

Worry is specific. Anxiety is more generalized.

Worry is grounded in reality. Anxiety is marked by catastrophic thinking.

Worry is temporary. Anxiety is longstanding.

<https://www.differencebetween.com/difference-between-worry-and-vs-concern/>

Worry and **concern** are not synonymous. We assume that *worrying about something* and *being concerned* is much the same thing, as both direct towards *feeling anxious* or *being bothered* about something. However, between these two words there is a difference, which goes beyond the surface meaning.

Worrying is about *being uneasy* or *anxious* about something. If you keep on thinking about a problem over and over, this is worrying.

Concern is a bit different to worrying. The word **concern** can be defined as **an instance where an issue arrests the attention of an individual making him care and feel distressed**. **Concern** is believed as a positive quality, because it is followed by trying to find solutions to fix the situation.