STUCK IN VICIOUS STRESS CYCLE

EXTERNAL

- TRIGGER
- SYMPTOMS
- ENVIRONMENT
- WORK / ACADEMIC
- SOCIAL / RELATIONSHIP
- LIFE CHANGES
- TECHNOLOGY
- HEALTH
- FINANCE
- TIME
- POLITICS
- CULTURE

INTERNAL

- THOUGHTS
- EMOTIONS
- BODY SENSATIONS
- TRIGGER
- SYMPTOMS

CONDITIONING

AUTOMATIC REACTIONS

SYMPTOMS ← STRESS OVERLOAD

ILLNESS
ILLNESS
TRIGGER

STRESSOR 10% + REACTION 90% = STRESS

GENETICS