



## Stress: Internal & External Triggers

by award-winning author / stress-relief expert Susie Mantell

### Internal Stress Triggers ...

are determined by individual biochemistry (e.g. number of endorphin receptor sites), heredity, predisposition toward addictive disease, sensitivities and allergies, etc.

### External Stress Triggers ...

may be determined by conditioning (e.g. how your mom handled stress), witnessing addictive behaviors being acted out as coping techniques, environmental factors, relationships, quality of life, the media, job satisfaction, current events, etc.

### Modifying Our Response To Both Internal And External Stressors May Provide:

- o Inner calm and serenity
- o More efficient use of nutrients
- o Better oxygenation of skin, hair and nails
- o Release of endorphins, which diminish pain and elevate mood
- o Strengthened immunity

### Remember:

Stress is cumulative, therefore its effects on health, inner peace, relationships, and even our appearance are also cumulative. So is stress-reduction. Ongoing daily stress-relief practices are like money in the bank for a rainy day. Unaddressed stress can compromise health, suppress immunity, depress mood, drain confidence, deplete self-esteem, tax relationships, systems and entire organizations.

Enjoy a lot more Free Stress-Relief Tips by Susie Mantell at [www.relaxintuit.com](http://www.relaxintuit.com)

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