

BRAIN SYSTEMS: STRESS TRIGGERS AND RECOVERY TOOLKITS Your Child

STRESS TRIGGERS	RECOVERY TOOLKITS	
Body (Regulation) • • • • • • • • •	Regulation (Body) SELF • • • • • • •	WITH OTHER • • • • • • •
Sensations (Sensory) • • • • • • • •	Sensations (Sensory) SELF • • • • • • •	WITH OTHER • • • • • • •

STRESS TRIGGERS	RECOVERY TOOLKITS	
Feelings (Relevance) • • • • • • • • • •	Feelings (Relevance) SELF • • • • • • •	WITH OTHER • • • • • • •
Thoughts/Planning (Executive) • • • • • • • •	Thoughts/Planning (Executive) SELF • • • • • • •	WITH OTHER • • • • • • •

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