

BRAIN SYSTEMS: STRESS RESPONSES, TRIGGERS, AND RECOVERY RESOURCES

Stress Responses and Triggers

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| <ul style="list-style-type: none"> • Behaviorally “resistant” to parental boundaries • Rigidly adhere to routines • Does not speak to new or novel people • Lacks willingness to incorporate new understanding or try new experiences • Rapid swings into high intensity emotions • Perfectionistic • Overreactive to slightest pain • Frequent combo zone • Prenatal Maternal stress • Selective Mutism | <ul style="list-style-type: none"> • Screaming (red zone) when limits are set • Loss and longing for older brother • Lacks developmentally appropriate means to solve problems • Very slow with transitions (red zone if hurried) • Difficulty with hindsight, foresight and insight for self reflection • Sensitivity to certain vocal qualities |
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| STRESS RESPONSES & TRIGGERS | |
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| Regulation (Body) <ul style="list-style-type: none"> • • • • • • • • | Sensations (Sensory) <ul style="list-style-type: none"> • • • • • • • • |
| Feelings/Memories (Relevance) <ul style="list-style-type: none"> • • • • • • • • | Thoughts/Planning (Executive) <ul style="list-style-type: none"> • • • • • • • • |

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Tools

- Board games and play to build up emotional muscle
- Sensorimotor play
- Giraffe lovie
- Jokes/humor
- Transitional warnings
- Deep breathing
- Pairing no's and yes's
- Sensory sandwich
- Pretend play
- Role play
- Social Story
- Verbal processing of past event
- Celebrating successes
- Encouraging flexibility
- Starting a game near the end of the session
- Adequate food/snack
- Offering choices
- Enhance emotional vocabulary

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| <p>Regulation (Body)</p> <ul style="list-style-type: none"> • • • • • • • | <p>Sensations (Sensory)</p> <ul style="list-style-type: none"> • • • • • • • |
| <p>Feelings/Memories (Relevance)</p> <ul style="list-style-type: none"> • • • • • • • | <p>Thoughts/Planning (Executive)</p> <ul style="list-style-type: none"> • • • • • • • |