

Step #1:

How do we identify toxic stress patterns?



Recognize stress responses that are
too frequent, too quick, too long

4 Toxic Stress Patterns

1. Stress responses that occur too frequently and too quickly
2. Cannot adapt to “normal” challenges and transitions
3. Prolonged stress responses that take too long to recover (more than 10 to 20 mins)
4. Cannot recover from stress response back to baseline health (healthy sleep cycle, healthy awake state)

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