

BRAIN SYSTEMS: STRESS RESPONSES, TRIGGERS, AND RECOVERY RESOURCES

Anthony's Stress Responses and Triggers

GROUP A Symptoms	GROUP B Diagnostic Categories
<ul style="list-style-type: none"> • Lack of joyful exchanges • Poor head control • No eye contact • Limited cooing • Chronic avoidance/aversion to sensory input • Primary blue zone state • No signs of learning • Sleeping too much • Lack of orienting to sights and sounds • Lack of engagement • Lack of movement of reaching, rolling, turning eyes or head • Chase and dodge relational pattern 	<ul style="list-style-type: none"> • Relationship Disorder • R/O Mood Disorder • Trauma • Regulatory Disorder • Speech Delay • Motor Delay

STRESS RESPONSES & TRIGGERS	
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"> • • • • • • • •