

EXAMPLE STRESSORS

BIOLOGICAL DOMAIN



being hungry



screen time



being sick



hearing difficulty



cold hands/feet



extreme weather



deep or light touch



food smells



bright lights



thirst



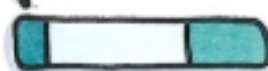
forgetting glasses
eye strain



caffeine



cigarette smoke



sitting still too long



loud music



sugar



lots of things hanging from the ceiling



tags

uncomfortable clothing



loud voices



hard chairs



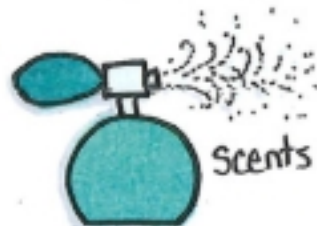
poor sleep



tooth pain



heat



scents



eating noises

EXAMPLE STRESSORS

COGNITIVE DOMAIN

@kwiens62

COGNITIVE STRESS IS CAUSED BY DIFFICULTY PROCESSING
CERTAIN KINDS OF INFORMATION.



organizing
thoughts

time pressure



$2t = 9 \pm \sqrt{5}$
difficult task
(not age appropriate)



tests



learning something
new



boredom



making
decisions

concentrating



pattern
recognition



slow processing
speed



too many
interruptions



being put on
the spot



poor working
memory



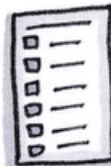
information presented
too quickly or slowly



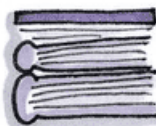
learning a
new language



confusion



too many tasks
to do



too much
homework

competition



not being allowed
to use a calculator



reading challenges

everyone gets the
joke but you



information that
doesn't fit with
what you "know"

remembering
information



multitasking

BALANCE



A CHALLENGE THAT IS TOO EASY IS
NOT A "CHALLENGE"—BUT NEITHER IS
SOMETHING THAT IS TOO HARD.

FOR MORE INFORMATION VISIT: WWW.SELF-REG.CA

EXAMPLE STRESSORS

EMOTION DOMAIN

@Kwiensb2

STRESSORS IN THIS DOMAIN INCLUDE STRONG EMOTIONS, BOTH POSITIVE (OVEREXCITED) AND NEGATIVE (ANXIETY, ANGER) AND OFTEN INTERACT WITH AND MULTIPLY STRESSORS IN OTHER DOMAINS.



intense surprise



fear of trying something new



anxious about parents fighting



disappointment



comparing self to others



grief or loss



a sick parent



fear of punishment



divorce



feeling lonely



being kicked out of class



deadlines



depression

preholiday buildup



change of routine



conflict

feeling pain



public speaking



leaving parent to go to school



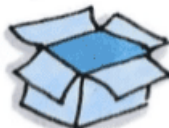
embarrassment



nightmares



feeling unwelcome



moving



fears



anticipation

BALANCE



BALANCE IS ATTAINED, NOT BY TRYING TO CURTAIL STRONG EMOTIONS - POSITIVE AS WELL AS NEGATIVE - BUT RECOGNIZING THEM AS SUCH.

FOR MORE INFORMATION VISIT: WWW.SELF-REG.CA

EXAMPLE STRESSORS

SOCIAL DOMAIN

@Kwiens62

SOCIAL STRESSORS RELATE TO A CHILD'S DIFFICULTY
PICKING UP ON SOCIAL CUES, AND UNDERSTANDING THE EFFECT
OF THEIR OWN BEHAVIOUR ON OTHERS.



confrontation



peer pressure



group work



public speaking



birthday parties



a new school



social media



eating slowly
in a fast-
eating world



raising your
hand in class



meeting someone
new



carpet time



bullying



no one to play
with at recess



not being
understood



being left out



walking into a
room of people



jealousy



holidays



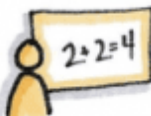
busy hallways



reading in front
of others



crowded
classrooms



supply teachers



being excluded



going to an
event alone



lack of friends

BALANCE



BE NEITHER TOO ACQUIESCENT NOR
TOO OVERBEARING, NEITHER TOO
SOLITARY NOR TOO GREGARIOUS.

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