

Stress profile

NAME: _ CHRIS (AN EXAMPLE) _____

DATE AND YEAR: _ 1.6.2018 ____

Inspired by Hejlskov & Uhrskov (2007)

Stressors

The person's prerequisites, sensory issues, other external influences etc

Describe stressors that are:

- ... momentary or short-term
- ... present for a longer period of time

Situational:

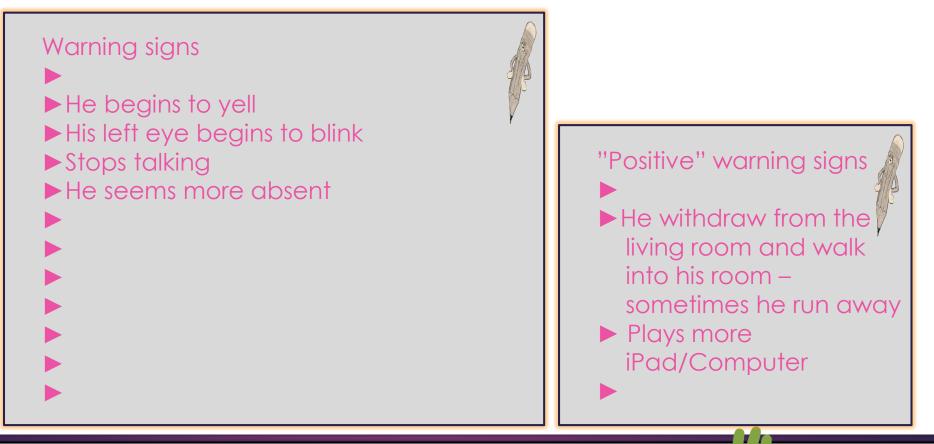
- The computer is broken
- Sudden change of plans
- A new teacher/Student at school
- Change of the menu for dinner

Basic:

- Having a hard time to express his thoughts and feelings
- ► Anxiety
- ► Highly sensory sensitive
- ► High demands in school
- A family vacation in a couple of weeks
- Lack of sleep
- Difficulties understanding and feeling his own needs (ex when to eat/drink or put on close or take of close according to the weather)

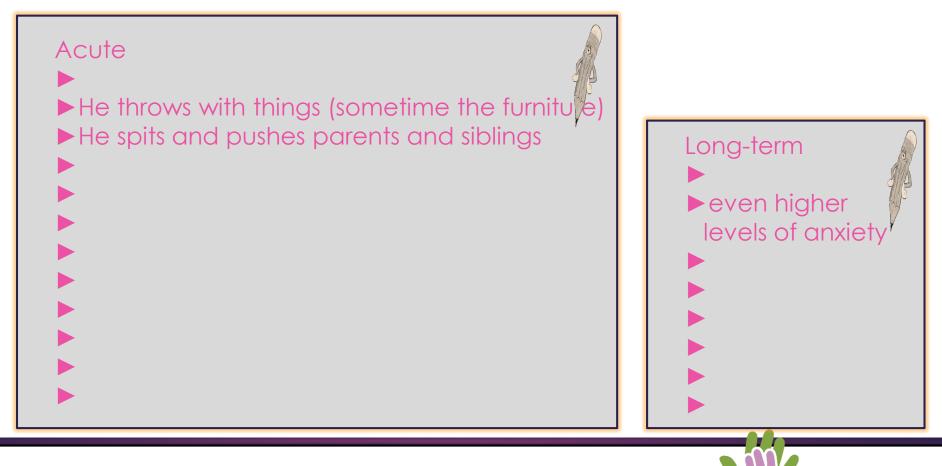
Warning signs

Describe how the person reacts to a too high stress level:



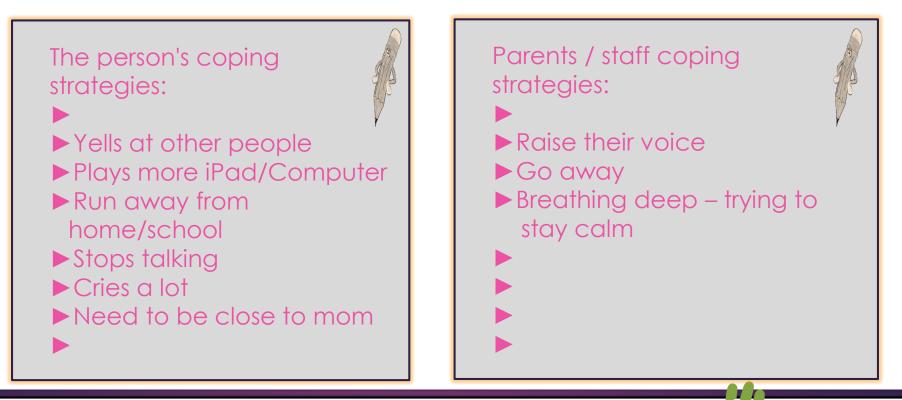
Chaos signs

Describe how the person reacts at a very high level of stress:



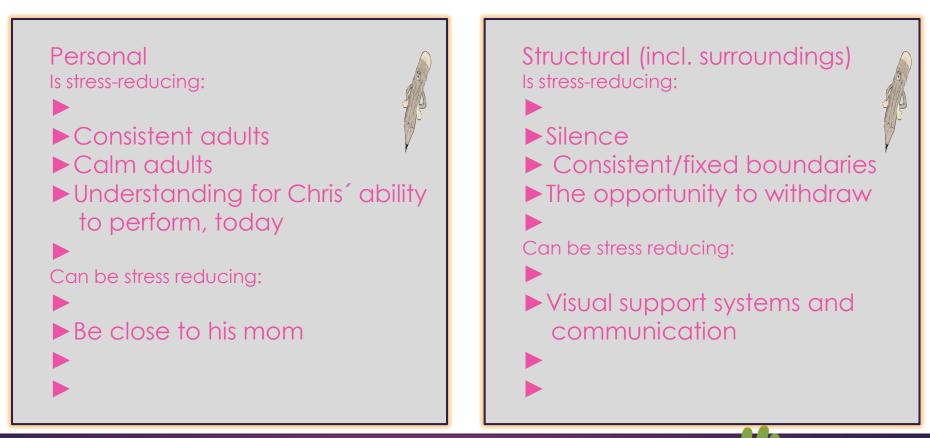
Coping strategies

Describe what the person as well as what parents / staff do to manage their high stress levels



Protective factors

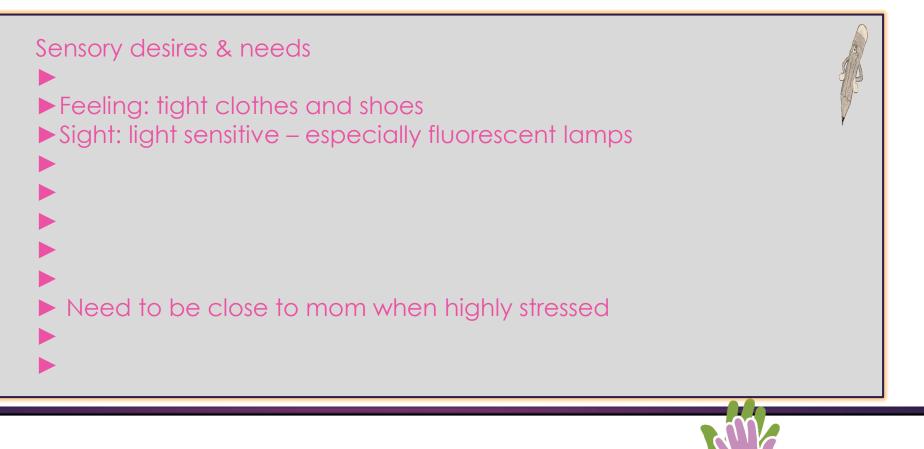
Describe what is, and what can be stress-reducing



Sensory desires & needs

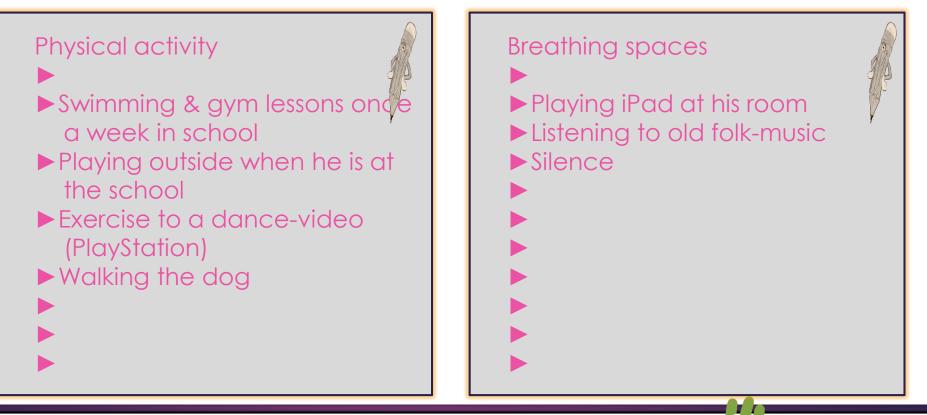
Think about the 7 senses:

Sight, smell, taste, hearing, vestibular (movement & balance) and proprioception (body sensation)



Physical activity and breathing spaces

Describe the amount of physical activity the person exercises and what breathing spaces he / she has





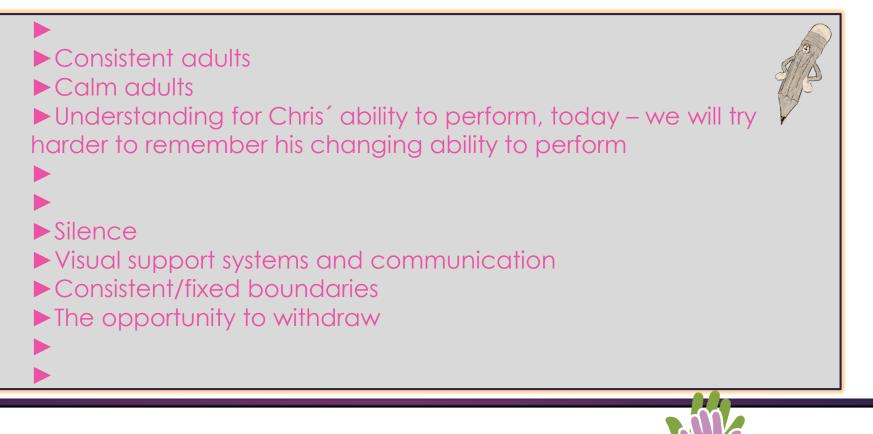
Stress reduction programme

NAME

DATE AND YEAR: _____

Minimize basic stress factors

Which personal and structural factors can reduce the impact of the basic stressors?

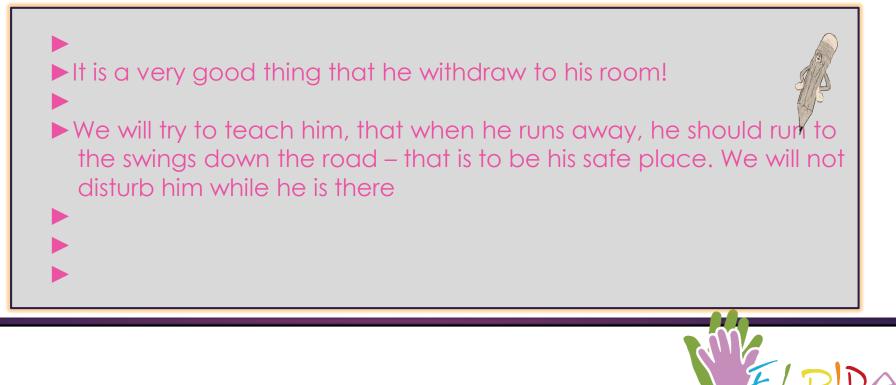


Coping strategies

Which new coping strategies can the person, parents and/ or staff learn, to manage the situational stressors better?

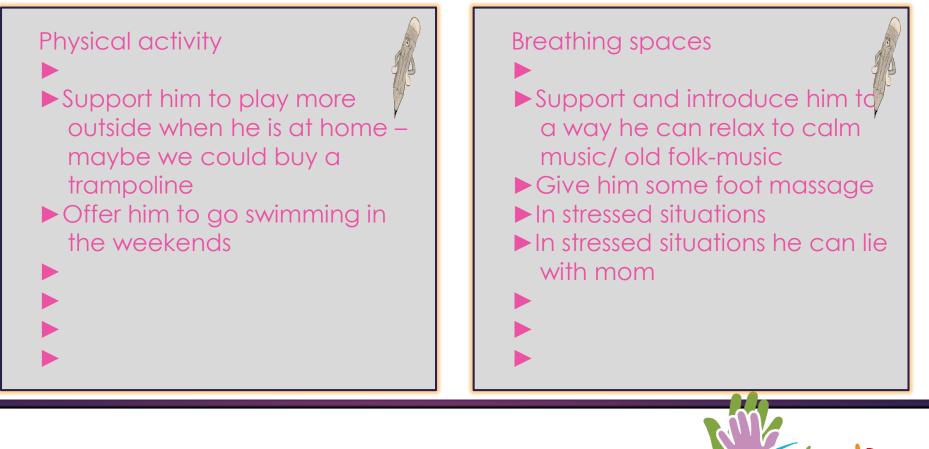
Does the person, parents and/ or staff already have coping strategies that can be generalized to other situations?

Are there positive warning signs that can be brought into play as a conscious coping strategy?



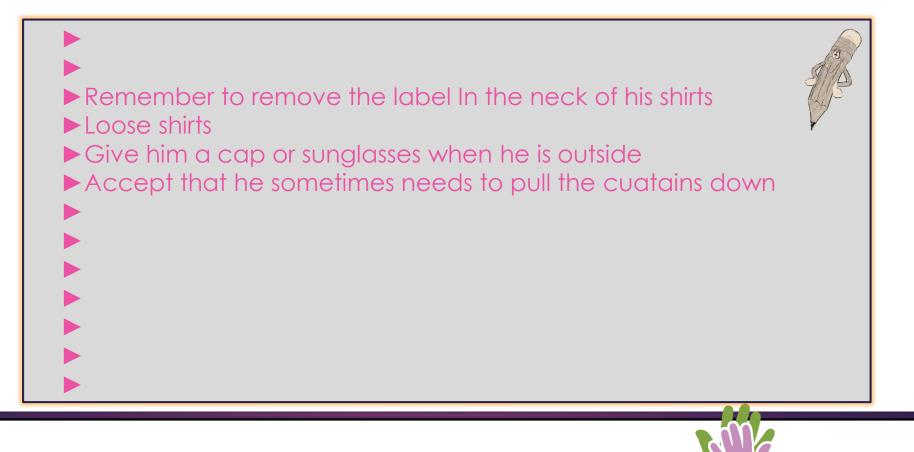
Physical exercise & breathing spaces

How can the person's access to physical activity and breathing spaces be increased?



"Sensory diet"

How can the person's sensory desires and needs be met to a greater extent?



Thoughts and challenges

Which thoughts and/ or ideas have not been written down? What are the challenges – and how do we overcome them?

