

Stress profile

NAME: _____

DATE AND YEAR: _____

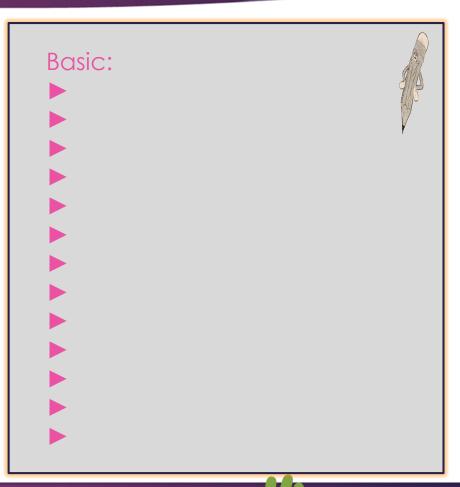
Stressors

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: | Description |





Warning signs

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

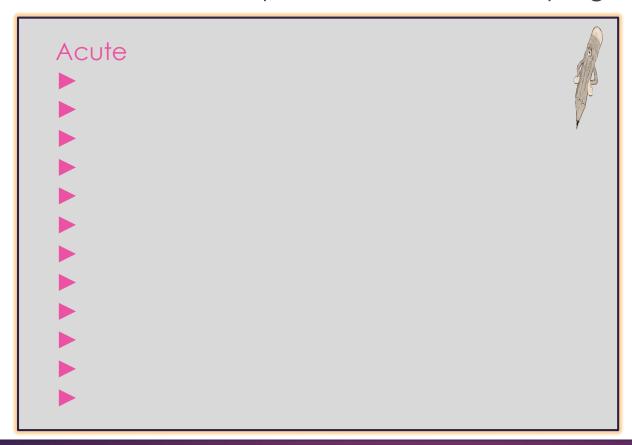


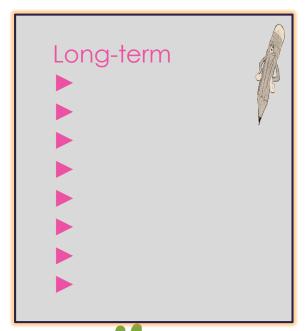




Chaos signs

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

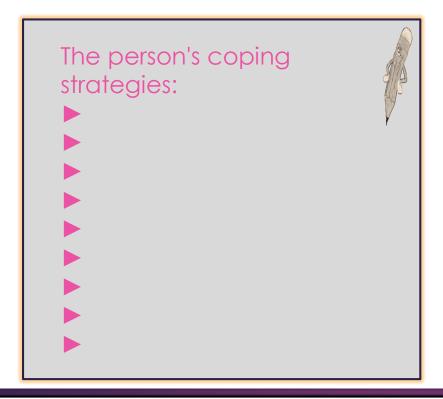


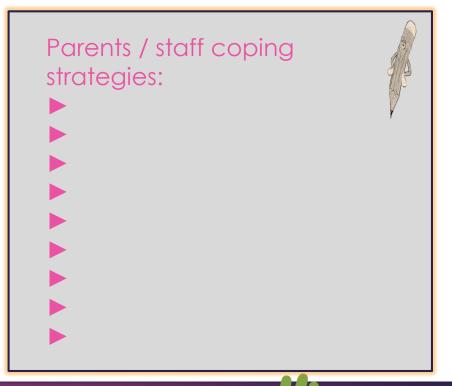




Coping strategies

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

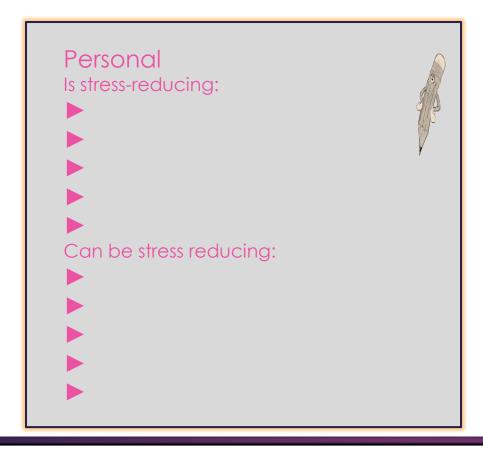


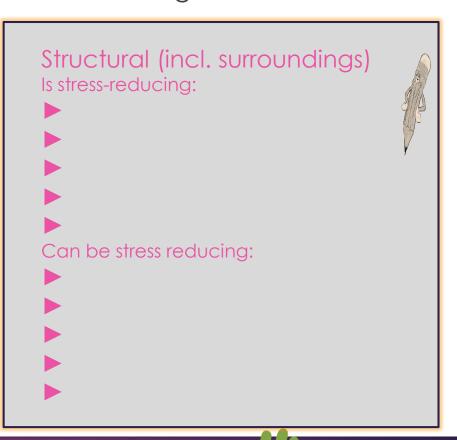




Protective factors

Describe what is, and what can be stress-reducing







Sensory desires & needs

Think about the 7 senses:

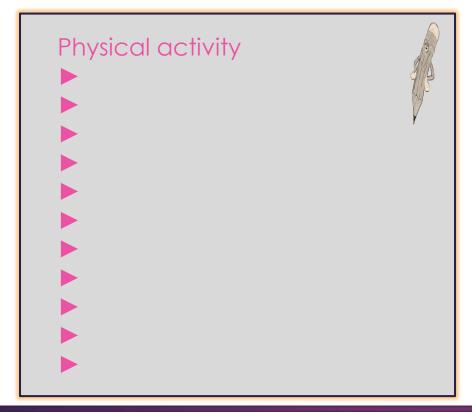
Sight, smell, taste, hearing, vestibular (movement & balance) and proprioception (body sensation)

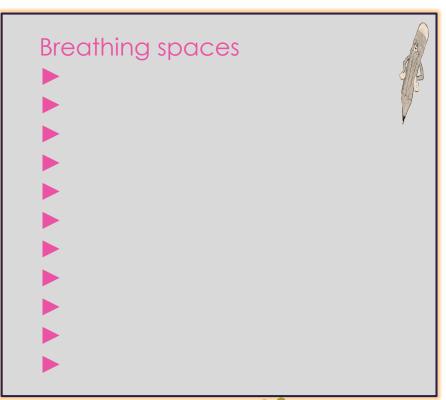
Sensory desires & needs



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?

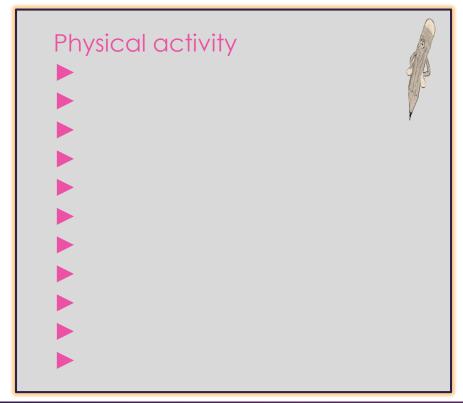
Are there positive warning signs that can be brought into play as a conscious coping strategy?

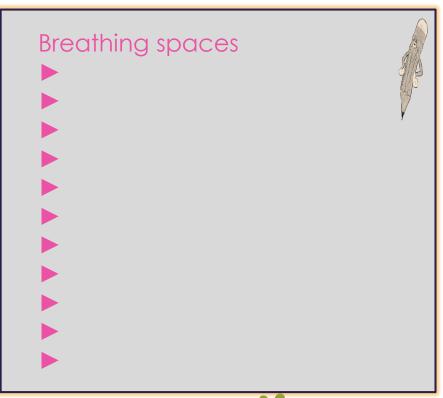




Physical exercise & breathing spaces

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?

