

CHECKLIST OF COMMON STRESSORS

BIOLOGICAL DOMAIN -- Stress on physiological systems (e.g., cardiovascular, digestive, nervous); It's where stress starts and is always a central factor

- ☐ Being too cold or too hot
- ☐ Chapped lips/hands
- ☐ Eating sugar/candy
- ☐ Food intolerance/sensitivities
- ☐ Inadequate sleep/disturbed sleep (children 3-5 yrs. need 10-13 hrs. of sleep)
- ☐ Limited opportunities to move
- ☐ Poor nutrition and/or hydration
- ☐ Trouble hearing/seeing
- ☐ Being inside too much/limited time outside and/or with nature
- ☐ Bright lights, bright colors, busy walls/carpets
- ☐ Clothing (sensitivity to fabrics)
- ☐ Distractions (e.g., sparkly or dangling things, visually distracting clothes, movement while others are talking, things flashing or hanging from the ceiling, many different things going on, differing demands for attention)
- ☐ Deep or light touch
- ☐ Dry air
- ☐ Fluorescent lighting/lack of natural light
- ☐ Having to be too still
- ☐ Humming from power lines, from lights, from electronics
- ☐ Loud/harsh/disruptive noises (e.g., outside traffic, voices, TV, music, squeaky things, bells, alarms)
- ☐ Proximity (too close) and/or difficult to move (too much stuff/too small of space)
- ☐ Screen Time (limited movement paired with high sensory stimuli)



NOTES & OBSERVATIONS:

EMOTIONAL DOMAIN -- Stress caused by strong emotions (positive and negative)

STRONG FEELINGS AND EMOTIONS

- ☐ Anticipation
- ☐ Build-up to an event or celebration
- ☐ Disappointment
- ☐ Embarrassment
- ☐ Excitement
- ☐ Feeling hurt
- ☐ Feeling uncertain
- ☐ Feeling unwelcome
- ☐ Grief/Loss
- ☐ Guilt
- ☐ Helplessness
- ☐ Isolation/Separation
- ☐ Lonely
- ☐ Love/Deep affection
- ☐ Sadness/Depression
- ☐ Surprise
- ☐ Worry



FEELING UNSAFE/FEAR

- ☐ Anxiety
- ☐ Completing certain tasks that are challenging
- ☐ Fear of conflict, getting into trouble
- ☐ Fear of being made fun of, trying something new
- ☐ Fear of _____
- ☐ Not feeling physically safe
- ☐ Participating in a large group
- ☐ Uncomfortable with how others are acting
- ☐ Being removed from a situation for disciplinary reasons
(suspension - expulsion)
- ☐ Changing routines, situations, expectations
- ☐ Confusion
- ☐ Overly demanding situations - lots of directions and corrections
- ☐ Unclear, inconsistent expectations or messages
- ☐ Unfamiliar routines, situations, expectations
- ☐ Unpredictable routines, situations, expectations
- ☐ Unpreferred routines, situations, expectations
- ☐ Unsure what expressions/body language, tone of voice, phrases,
and other environmental cues mean

NOTES & OBSERVATIONS:

COGNITIVE DOMAIN -- Stress caused from processing info; Mental processes involved in knowledge acquisition

- ___ Boring tasks/activities/interactions - lack of stimulation
- ___ Competition
- ___ Confusion - unsure the meaning of things happening or said
- ___ Difficult tasks that are not age appropriate
- ___ Holding information in working memory
- ___ Information overload (too quickly, too slowly)
- ___ Learning a new language - engaged in situations with an unfamiliar language
- ___ Limited opportunities for choice
- ___ Limited opportunities for play
- ___ Making decisions
- ___ Multi-tasking
- ___ New concepts/new learning opportunities
- ___ Overstimulation
- ___ Pattern recognition
- ___ Processing disorder or difficulty
- ___ Prioritizing tasks
- ___ Recall - remembering information
- ___ Symbolic representing
- ___ Thinking - concentrating
- ___ Time pressures
- ___ Too many interruptions
- ___ Lots of requirements to shift their attention on demand
- ___ Lots of distractions (any sensory input)
- ___ Too much inferring vs clearly stating expectations
- ___ Under-stimulation



NOTES & OBSERVATIONS:

SOCIAL DOMAIN -- Stress from social interactions with others

- ☐ Adjusting to new norm
- ☐ Being a quiet person in a loud world
- ☐ Being/feeling excluded (pulled out, pulled over, pulled aside)
- ☐ Being bossed around or dominated by another - being bullied
- ☐ Being left out of a group/rejected
- ☐ Big groups - crowded classrooms/settings/spaces
- ☐ Confrontation/hostility
- ☐ Confusing social situations
- ☐ Constant social input (e.g., too much support, lots of reminders, directions, and corrections)
- ☐ Fitting into different cultural norms
- ☐ Intense one-on-one interaction
- ☐ Lack of friends or others to be/play with
- ☐ Lack of social engagement
- ☐ Large group gatherings
- ☐ Learning the norms of a new group
- ☐ Not being understood by friends or acquaintances
- ☐ Over focus on detecting the social signals
- ☐ Reading in front of others
- ☐ Two or more people talking at the same time
- ☐ Unresponsive adults
- ☐ Coping with other people's stress
- ☐ Dealing with others' strong emotions
- ☐ Difficulty reading others' cues
- ☐ Empathy
- ☐ Helping someone through their distress
- ☐ Interacting w/people/groups that don't really 'get you' or are quick to assume
- ☐ New neighborhood, classroom, caregiver/teacher
- ☐ Other people's discomfort
- ☐ Sharing
- ☐ Sympathy
- ☐ Unfairness
- ☐ Understanding right from wrong
- ☐ Waiting your turn



NOTES & OBSERVATIONS: