



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:

- ▶
- ▶
- ▶
- ▶
- ▶
- ▶
- ▶
- ▶



Basic:

- ▶
- ▶
- ▶
- ▶
- ▶
- ▶
- ▶
- ▶
- ▶



Warning signs

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

Warning signs



"Positive" warning signs



Chaos signs

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

Acute



Long-term



Coping strategies

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

The person's coping strategies:

- ▶
- ▶
- ▶
- ▶
- ▶
- ▶
- ▶
- ▶
- ▶



Parents / staff coping strategies:

- ▶
- ▶
- ▶
- ▶
- ▶
- ▶
- ▶
- ▶
- ▶



Protective factors

Describe what is, and what can be stress-reducing

Personal

Is stress-reducing:

- ▶
- ▶
- ▶
- ▶
- ▶

Can be stress reducing:

- ▶
- ▶
- ▶
- ▶
- ▶



Structural (incl. surroundings)

Is stress-reducing:

- ▶
- ▶
- ▶
- ▶
- ▶

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

Physical activity



Breathing spaces





Stress reduction programme

NAME: _____

DATE AND YEAR: _____

Minimize basic stress factors

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



A large gray rectangular area intended for notes or answers. On the left side, there is a vertical column of ten pink triangles pointing to the right. In the top right corner of this area, there is a cartoon pencil character with a face, arms, and legs.

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?



A large gray rectangular area for notes, featuring a vertical column of eight pink triangles on the left side and a cartoon pencil character on the right side.

Physical exercise & breathing spaces

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

Physical activity



Breathing spaces



"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?

Thoughts:



Challenges & solutions:

