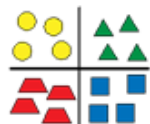




# Stress Responses



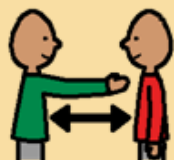
important  
information



There are four common stress responses - fight (argue, verbally argumentative, physically aggressive) flight (leave, avoidance, lots of excuses, refusal) freeze (refusal, staring, daydreaming) and comply (unable to say no, masking, copy others, perfectionism).

Remaining calm when someone else is in a stress response is important. Managing our stress response is vital to ensuring the space remains a safe space. We don't always get it right but giving ourselves grace and learning from it can improve the situation next time.

Triggers can be obvious (such as someone has shouted) or subtle (such as someone has asked about family).



Increase personal space.



Use of weighted resources.



Avoid touching the person.



Reduce speech.



Give access to appropriate fidgets.



Allow more processing time.



Natural movement breaks.



1:1 support, time or discussion.



Examples of the task.



Change of space, scene or room.



Reduce demands.



Offer distractions.



Do not take things personally.



Reminder that it is okay to say "no" sometimes.



Give choice.



Offer advice.



Fresh start every time.