

## My Stress Plan

**When these things happen, I feel stressed:**

<input type="checkbox"/> Not being listened to	<input type="checkbox"/> Loud noises	<input type="checkbox"/> Darkness	<input type="checkbox"/> Being told "no"	<input type="checkbox"/> Feeling pressured
<input type="checkbox"/> Crowds	<input type="checkbox"/> Being stared at	<input type="checkbox"/> Being touched	<input type="checkbox"/> Arguments	<input type="checkbox"/> Being teased
<input type="checkbox"/> Being alone	<input type="checkbox"/> Lack of privacy	<input type="checkbox"/> People yelling	<input type="checkbox"/> Not having control	<input type="checkbox"/> Time of day or year
<input type="checkbox"/> Other:		<input type="checkbox"/> Being around certain people (mom, dad, siblings, or others)		

**These are behaviors I sometimes show when I'm stressed:**

<input type="checkbox"/> Lose my temper	<input type="checkbox"/> Fight people	<input type="checkbox"/> Feel suicidal	<input type="checkbox"/> Run away
<input type="checkbox"/> Feel unsafe	<input type="checkbox"/> Injury myself	<input type="checkbox"/> Attempt suicide	<input type="checkbox"/> Threaten others
<input type="checkbox"/> Use alcohol	<input type="checkbox"/> Use drugs	<input type="checkbox"/> Other:	

**This is how I feel when I am stressed:**

<input type="checkbox"/> Racing heart	<input type="checkbox"/> Scared	<input type="checkbox"/> Trouble Breathing
<input type="checkbox"/> Angry	<input type="checkbox"/> Lonely	<input type="checkbox"/> Want to hurt myself/others

**These are things other people may notice me doing if I begin to feel stressed:**

<input type="checkbox"/> Sweat	<input type="checkbox"/> Red faced	<input type="checkbox"/> Act hyper	<input type="checkbox"/> Be Rude	<input type="checkbox"/> Eat more	<input type="checkbox"/> Singing inappropriately
<input type="checkbox"/> Breath hard	<input type="checkbox"/> Wring hands	<input type="checkbox"/> Swear	<input type="checkbox"/> Pace	<input type="checkbox"/> Eat less	<input type="checkbox"/> Be quiet
<input type="checkbox"/> Talk louder	<input type="checkbox"/> Bounce legs	<input type="checkbox"/> Cry	<input type="checkbox"/> Not taking care of myself	<input type="checkbox"/> Clench teeth	<input type="checkbox"/> Sleep less or more
<input type="checkbox"/> Avoid people or isolate myself	<input type="checkbox"/> Rock back and forth	<input type="checkbox"/> Clench fists	<input type="checkbox"/> Can't sit still	<input type="checkbox"/> Damage things	<input type="checkbox"/> Laugh loudly
<input type="checkbox"/> Other:					

**These are things that might help me calm down and keep myself safe when I'm feeling stressed:**

<input type="checkbox"/> Time out in my room	<input type="checkbox"/> Talk with friends	<input type="checkbox"/> Exercise	<input type="checkbox"/> Take a hot shower	<input type="checkbox"/> Rip paper
<input type="checkbox"/> Bounce a ball	<input type="checkbox"/> Draw	<input type="checkbox"/> Be around other people	<input type="checkbox"/> Listen to music	<input type="checkbox"/> Talk with an adult
<input type="checkbox"/> A cold cloth on face	<input type="checkbox"/> Take a cold shower	<input type="checkbox"/> Scream into pillow	<input type="checkbox"/> Male support	<input type="checkbox"/> Be read a story
<input type="checkbox"/> Do chores/jobs	<input type="checkbox"/> Read a book	<input type="checkbox"/> Color	<input type="checkbox"/> Write in a journal	<input type="checkbox"/> Play cards
<input type="checkbox"/> Hold ice on my chest	<input type="checkbox"/> Female support	<input type="checkbox"/> Make a collage	<input type="checkbox"/> Cold water on hands	<input type="checkbox"/> Mold clay
<input type="checkbox"/> Punch a pillow	<input type="checkbox"/> Video Games	<input type="checkbox"/> A Hug	<input type="checkbox"/> Deep breathing	<input type="checkbox"/> Crying
<input type="checkbox"/> Drink hot tea	<input type="checkbox"/> Pace	<input type="checkbox"/> Humor	<input type="checkbox"/> Hug a stuffed animal	<input type="checkbox"/> Lay down
<input type="checkbox"/> Talk with my therapist	<input type="checkbox"/> Snap bubble wrap	<input type="checkbox"/> A rocking chair	<input type="checkbox"/> A swing	<input type="checkbox"/> Special calming area at home
<input type="checkbox"/> Calling family:		<input type="checkbox"/> Other:		

**These are things that do not help me calm down or might even make me feel worse:**

<input type="checkbox"/> Being alone	<input type="checkbox"/> Being disrespected	<input type="checkbox"/> Being reminded of the rules	<input type="checkbox"/> Being around people	<input type="checkbox"/> Loud tone of voice
<input type="checkbox"/> Being touched or hugged	<input type="checkbox"/> Humor	<input type="checkbox"/> Being ignored	<input type="checkbox"/> Not being listened to	<input type="checkbox"/> Teasing
<input type="checkbox"/> Talking	<input type="checkbox"/> Other:			

**These are things my family can do to help me when I feel stressed:**

- Redirect me to use my coping skills. Use techniques like: verbal de-escalation, or prompt me to go to my calm down area.
- Parents should provide frequent praise for safe and appropriate behaviors and provide proactive choices throughout the day prior to stress behaviors occurring.
- Parent should encourage me to use calming strategies/sensory techniques proactively throughout the day prior to stress behaviors occurring.
- Talk to me in a calm tone of voice.
- If I am engaging in attention seeking behaviors, Parents should use the least amount of attention possible to intervene to ensure safety.