

Rate Your Stress

And Cope Through It

10 - HYPERAROUSAL: OVERWHELM	<ul style="list-style-type: none"> • Antagonistic, Indignant; Intense Rage • Panic - intense Fear & Anxiety • Heart rate/breathing +, sweaty 	<ul style="list-style-type: none"> • GO FOR A WALK • COLD SHOWER OR ICE CUBES • EXIT THE ROOM OR SITUATION
10 - HYPOAROUSAL: OVERWHELM	<ul style="list-style-type: none"> • Despair, Shame, Anguish, Misery, Detached, Hopeless, Despondent • Dissociation, "Shut down" • Self-harm, suicidality 	<ul style="list-style-type: none"> • CALL 988 • FOLLOW YOUR SAFETY/CRISIS PLAN • CALL YOUR PERSON
9 - EXTREME DISTRESS	<ul style="list-style-type: none"> • Ready to explode: Irate, Livid, Angry • Numb, Apathy, Empty, Hollow <p>**** At risk to make regretful choices ****</p>	<ul style="list-style-type: none"> • DISENGAGE • REMOVE SELF FROM SITUATION • WALK AWAY; TAKE A BREAK
8 - HIGH DISTRESS	<ul style="list-style-type: none"> • Cold, Indifferent, Disconnected, Depressed • Inner Turmoil, Not thinking clearly, Powerless; DIFFICULT TO FOCUS 	<ul style="list-style-type: none"> • PACE THE FLOOR AND HUM • SNAP YOUR FINGERS (ALT R/L) • STAND & SWAY SIDE-TO-SIDE
7 - MODERATE-HIGH DISTRESS	<ul style="list-style-type: none"> • Agitated - Tense, Bitter, Distraught, Resentful Pressured/Trapped • Removed, Withdrawn 	<ul style="list-style-type: none"> • CLENCH & RELEASE FISTS (REPEAT) • FIND YELLOW, BLUE, SQUARES, CIRCLES • PRACTICE URGE SURFING ~ DISTRACT SELF
6 - MODERATE DISTRESS	<ul style="list-style-type: none"> • Foreboding, Dread; Guilt, Regret <p>Bodily Responses Increase: Heart rate, Heavy Breathing, Sweating, Tension/Pressure/Pain</p>	<ul style="list-style-type: none"> • VISUALIZE YOUR PEACEFUL PLACE • CHALLENGE YOUR NEGATIVE THOUGHTS • IDENTIFY YOUR NEEDS RIGHT NOW
5 - MILD TO MODERATE	<ul style="list-style-type: none"> • "BAD MOOD" • Contrite, Self-conscious, Defensive, Vulnerable, Fears, Concern 	<ul style="list-style-type: none"> • SET BOUNDARIES (SAY "NO") • ACCEPT REALITY; IDENTIFY WORRIES WHERE YOU HAVE CONTROL (OR LACK CONTROL)
4 - MILD DISTRESS	<ul style="list-style-type: none"> • Unpleasant, but Tolerable Stress • Mild Worry and Tension; Annoyed, Irritated 	<ul style="list-style-type: none"> • PRACTICE MINDFUL SELF-AWARENESS • DO SQUARE BREATHING • GO OUTSIDE ~ SEEK SUNSHINE & NATURE
3 - CENTERED, CONTENT	Alert, but not distressed	<ul style="list-style-type: none"> • CONNECT WITH FRIENDS & FAMILY • PRACTICE GRATITUDE • IDENTIFY WHAT IS GOING WELL
2 - PEACEFUL, CALM	Warm, Mellow, Content	<ul style="list-style-type: none"> • MEDITATE • READ A BOOK
1 - VERY RELAXED	Awake, Very relaxed; Drowsy Traquility, Serenity	