

Cheat Sheet For Step One: Assessing Stress Responses and Stress Recovery

Possible Regulation and Stress Response Correlates of Interpersonal Modes Across the Lifecycle

Arousal State and Interpersonal Mode	Just Right/ Alert Processing Stability with Flexibility	Too Fast/Flooded High Demand	Too Slow/Hypoalert High Detach	Too Vigilant/Hyperalert High Compliance or Control
EYE CONTACT	<ul style="list-style-type: none"> Bright, shiny eyes looking directly at other / object — gleam! Gaze aversions for modulation of intensity Appears to actively process information 	<ul style="list-style-type: none"> Eyes may be open / squinted / closed May have direct, intense eye contact May have avoidance of eye contact Eye rolling upward Scanning room very quickly, rapidly 	<ul style="list-style-type: none"> Glazed eyes, looking through rather than at the other/object Prolonged gaze aversion Appears drowsy Eyes turned down Eyes do not scan the room, looking for objects of desire When interested, prefers looking at objects rather than people 	<ul style="list-style-type: none"> Eyes are wide open Appears vigilant, in a state of panic or fear Intensely focusing on something Unable to break the gaze/fixation to the stimulus
FACIAL EXPRESSION	<ul style="list-style-type: none"> Joy, particularly smiles Neutral Can express a full range of emotions Modulations with all emotions 	<ul style="list-style-type: none"> Wide, open mouth Anger, disgust Distress Grimace Frowning Clenched jaw or teeth Forced smile (only mouth is upturned, corners of eyes are not) 	<ul style="list-style-type: none"> Flat Turned down mouth, sad Expressionless No smiles or hints of smiles Limited range of emotions 	<ul style="list-style-type: none"> Raised eyebrows, especially with inside corners turned up Trembling lips or mouth Facial expressions of pain, grimace Mouth wide open (stairie)
VOICE	<ul style="list-style-type: none"> Melody and prosody Modulation of tone Fluctuations of tone Laughing 	<ul style="list-style-type: none"> High-pitched cry Loud Hostile Gruff Yelling or screaming Sarcastic, sneering Hysterical laughter 	<ul style="list-style-type: none"> Flat Lacks musical quality Few or no vocalizations Too quiet Cold Soft Sad 	<ul style="list-style-type: none"> High-pitched nasal, "sing-song" voice Moaning or groaning to indicate pain Elevated tone Quavers or fluctuates rapidly Whimpering
BODY POSTURE, MOVEMENT, AND GESTURES	<ul style="list-style-type: none"> Related with good muscle tone Stability Balance Moves arms and legs into midline Coordinated movements Varies according to rhythms and downs Body molds into other's 	<ul style="list-style-type: none"> Finger splay Arching Increased muscle tension in posture and in face Constant motion Demands space by pushing, shoving, intruding on others Biting, hitting, kicking, jumping Poor balance; falls, trips a lot Bumps into things Forceful or threatening gestures (shaking finger, shaking fist) Throwing Kicking 	<ul style="list-style-type: none"> Slumped Low muscle tone Decreased exploration Lacks initiative in exploration Will not protect his/her "space" Avoids playground equipment Lacks purposeful intent with movement Wanders Frozen or slow moving 	<ul style="list-style-type: none"> Tense or rigid body postures Cowering Rapid, repetitive body movements (wringing hands, jiggling foot) Trembling hands Clinging Flinching Grabbing
RHYTHM AND RATE	<ul style="list-style-type: none"> Fluctuating up and down Midrange tempo 	<ul style="list-style-type: none"> Fast Impulsive 	<ul style="list-style-type: none"> Slow Delayed 	<ul style="list-style-type: none"> Fast Jerky

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Note: From *Infant/Child Mental Health, Early Intervention, and Relationship-Based Therapies: A Neurorelational Framework for Interdisciplinary Practice*, by Lillas & Turnbull, © 2009, New York, New York: W. W. Norton with permission to use from W. W. Norton.

Awake States with Stress Responses

Zone	Stress Response	Awake State
GREEN ZONE Just Right/Alert	EYES <ul style="list-style-type: none"> Bright, shiny eyes Looks directly at people, objects Looks away for breaks, then returns to eye contact Seems alert, takes in information FACE <ul style="list-style-type: none"> Smiles, shows joy Neutral Can express all emotions VOICE <ul style="list-style-type: none"> Laughing Tone changes 	BODY <ul style="list-style-type: none"> Relaxed with good muscle tone Stable, balanced and coordinated movements Infant moves arms and legs toward centre of the body Infant molds body into a caregiver when held Moves faster or slower depending on environment RHYTHM/RATE OF MOVEMENT <ul style="list-style-type: none"> Changes smoothly to respond to the environment Movements not too fast or too slow
RED ZONE Too Fast/Gas Pedal	EYES <ul style="list-style-type: none"> Open, squinted or closed eyes May have direct, intense eye contact May avoid eye contact Eyes look quickly around the room FACE <ul style="list-style-type: none"> Wide, open mouth Anger, disgust Frown, grimace Fake, forced smile Clenched jaw or teeth VOICE <ul style="list-style-type: none"> High-pitched crying, yelling or screaming Loud 	<ul style="list-style-type: none"> Hostile or grumpy Sarcastic Out of control laughing BODY <ul style="list-style-type: none"> Fingers spread out Arched back; tense body position Constant motion Demands space by pushing, shoving, and getting into others' space Biting, hitting, kicking, jumping, throwing Bumps into things, falls Threatening gestures (shakes finger or fist) RHYTHM/RATE OF MOVEMENT <ul style="list-style-type: none"> Fast movements Impulsive movements
BLUE ZONE Too Slow/Brake	EYES <ul style="list-style-type: none"> Glazed-glassy eyes (looks through rather than at) Looks away for a long time, looks down Seems drowsy/tired Does not look around the room for interesting items Looks at things more than people FACE <ul style="list-style-type: none"> Flat/blank Mouth turned down, sad No smiles or hints of smiles Few emotions shown VOICE <ul style="list-style-type: none"> High-pitched, nasal, sing-song voice 	<ul style="list-style-type: none"> Slumped/slouching Low muscle tone Little or no exploring play or curiosity Wanders Frozen or slow-moving RHYTHM/RATE OF MOVEMENT <ul style="list-style-type: none"> Slow movements Slow to start moving
COMBO ZONE Fast & Jerky/Gas & Brake	EYES <ul style="list-style-type: none"> Wide open eyes Looks around as if worried or scared Stares at things Rolling of the eyes FACE <ul style="list-style-type: none"> Raised eyebrows Furrowed brow Trembling lips or mouth Fake, forced grin Mouth wide open Startled expression VOICE <ul style="list-style-type: none"> High-pitched, nasal, sing-song voice 	<ul style="list-style-type: none"> Moans or groans in pain Whimpers Wobbly/quivering voice or fast changes BODY <ul style="list-style-type: none"> Tense or rigid posture Covers or hides Fast, repetitive movements (wringing hands, shakes foot) Trembling hands Clinging, grabs Falls around RHYTHM/RATE OF MOVEMENT <ul style="list-style-type: none"> Fast movements Jerky movements

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Adapted by Jessica Richards based on Lillas & Turnbull 2009

How do we identify toxic stress?

Recognize stress responses that are too frequent, too quick / intense, too long

4 Toxic Stress Patterns

1. Stress responses that occur too frequently and too quickly
2. Inability to adapt to “normal” challenges and transitions
3. Prolonged stress responses that take too long to recover (more than 10 to 20 mins)
4. Inability to recover from stress response back to baseline health (healthy sleep cycle, healthy awake state)

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