

Step One Cheat Sheet: Assessing Stress Responses and Stress Recovery

STEP #1

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 intensityAppears to actively process information	<ul style="list-style-type: none">Eyes may be open / squinted / closedMay have direct, intense eye contactMay have avoidance of eye contactEye rolling upwardScanning room very quickly, rapidly	<ul style="list-style-type: none">Glazed eyes, looking through rather than at the other/objectProlonged gaze aversionAppears drowsyEyes turned downEyes do not scan the room, looking for objects of desireWhen interested, prefers looking at objects rather than people	<ul style="list-style-type: none">Eyes are wide openAppears vigilant, in a state of panic or fearIntensely focusing on somethingUnable to break the gaze/fixation to the stimulus
FACIAL EXPRESSION	<ul style="list-style-type: none">Joy, particularly smilesNeutralCan express a full range of emotionsModulation with all emotions	<ul style="list-style-type: none">Wide, open mouthAnger, disgustDistressGrimaceFrowningClenched jaw or teethForced smile (only mouth is upturned, corners of eyes are not)	<ul style="list-style-type: none">FlatTurned down mouth, sadExpressionlessNo smiles or hints of smilesLimited range of emotions	<ul style="list-style-type: none">Raised eyebrows, especially with inside corners turned upTrembling lips or mouthFacial expressions of pain, grimaceMouth wide open (stutter)
VOICE	<ul style="list-style-type: none">Melody and prosodyModulation of toneFluctuations of toneLaughing	<ul style="list-style-type: none">High-pitched cryLoudHostileGruffYelling or screamingSarcastic, sneeringHysterical laughter	<ul style="list-style-type: none">FlatLacks musical qualityFew or no vocalizationsToo quietColdSoftSad	<ul style="list-style-type: none">High-pitched nasal, "sing-song" voiceMoaning or groaning to indicate painElevated toneQuavers or fluctuates rapidlyWhimpering
BODY POSTURE, MOVEMENT, AND GESTURES	<ul style="list-style-type: none">Relaxed with good muscle toneStabilityBalanceMoves arms and legs into midlineCoordinated movementsVaries according to rhythmic ups and downsBody molds into other's	<ul style="list-style-type: none">Finger splays ArchingIncreased muscle tension in posture and in faceConstant motionDemands space by pushing, shoving, intruding on othersBiting, hitting, kicking, jumpingPoor balance, falls, trips a lotBumps into thingsForceful or threatening gestures (shaking finger, shaking fist)ThrowingKicking	<ul style="list-style-type: none">SlumpedLow muscle toneDecreased explorationLacks initiative in explorationWill not protect his/her "space"Avoids playground equipmentLacks purposeful intent with movementWandersFrozen or slow moving	<ul style="list-style-type: none">Tense or rigid body posturesCoweringRapid, repetitive body movements (wringing hands, jiggling foot)Trembling handsClingingFlailingGrabbing
RHYTHM AND RATE	<ul style="list-style-type: none">Fluctuating up and downMidrange tempo	<ul style="list-style-type: none">FastImpulsive	<ul style="list-style-type: none">SlowDelayed	<ul style="list-style-type: none">FastJerky

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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

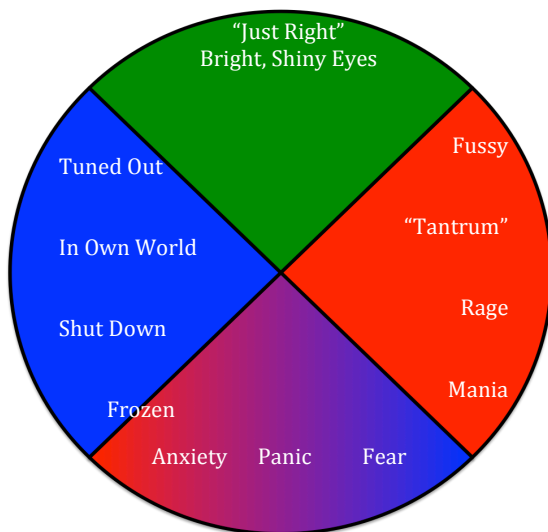
Step #1

GREEN ZONE Just Right/Alert	EYES <ul style="list-style-type: none">Bright, shiny eyesLooks directly at people, objectsLooks away for breaks, then returns to eye contactSeems alert, takes in information FACE <ul style="list-style-type: none">Smiles, shows joyNeutralCan express all emotions VOICE <ul style="list-style-type: none">LaughingTone changes BODY <ul style="list-style-type: none">Relaxed with good muscle toneStable, balanced and coordinated movementsInfant moves arms and legs toward centre of the bodyInfant molds body into a caregiver when heldMoves faster or slower depending on environment RHYTHM/RATE OF MOVEMENT <ul style="list-style-type: none">Changes smoothly to respond to the environmentMovements not too fast or too slow
RED ZONE Too Fast/Gas Pedal	EYES <ul style="list-style-type: none">Open, squinted or closed eyesMay have direct, intense eye contactMay avoid eye contactEyes look quickly around the room FACE <ul style="list-style-type: none">Wide, open mouthAnger, disgustFrownFake/forced smileClenched jaw or teeth VOICE <ul style="list-style-type: none">High-pitched crying, yelling or screamingLoud BODY <ul style="list-style-type: none">Hostile or grumpySarcasticOut of control laughingFingers spread outArched back; tense body positionConstant motionDemands space by pushing, shoving, and getting into others' spaceBiting, hitting, kicking, jumping, throwingBumps into things, fallsThreatening gestures (shakes finger or fist) RHYTHM/RATE OF MOVEMENT <ul style="list-style-type: none">Fast movementsImpulsive 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 downSeems drowsy/tiredDoes not look around the room for interesting itemsLooks at things more than people FACE <ul style="list-style-type: none">Flat/blankMouth turned down, sadNo smiles or hints of smilesFew emotions shown VOICE <ul style="list-style-type: none">High-pitched, nasal, sing-song voice BODY <ul style="list-style-type: none">FlatMakes few to no soundsSounds cold, soft, sad, too quietSlumped/slouchingLow muscle toneLittle or no exploring play or curiosityWandersFrozen or slow-moving RHYTHM/RATE OF MOVEMENT <ul style="list-style-type: none">Slow movementsSlow to start moving
COMBO ZONE Fast & Jerky/Gas & Brake	EYES <ul style="list-style-type: none">Wide open eyesLooks around as if worried or scaredStares at thingsRolling of the eyes FACE <ul style="list-style-type: none">Raised eyebrowsFurrowed browTrembling lips or mouthSeems in painMouth wide openStartled expression VOICE <ul style="list-style-type: none">High-pitched, nasal, sing-song voice BODY <ul style="list-style-type: none">Moans or groans in painWhimpersWobbly/quivering voice or fast changesTense or rigid postureCowers or hidesFast, repetitive movements (wringing hands, shakes foot)Trembling handsClinging, grabsFlails around RHYTHM/RATE OF MOVEMENT <ul style="list-style-type: none">Fast movementsJerky movements

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
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Are you in the GREEN?



Adapted by Jessica Richards based on Lillas & Turnbull 2009

Step #1: How do we identify toxic stress patterns?

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

4 Toxic Stress Patterns

1. Stress responses that occur too frequently and too quickly
2. Cannot adapt to "normal" challenges and transitions
3. Prolonged stress responses that take too long to recover (more than 10 to 20 mins)
4. Cannot recover from stress response back to baseline health (healthy sleep cycle, healthy awake state)

Bruce McEwen