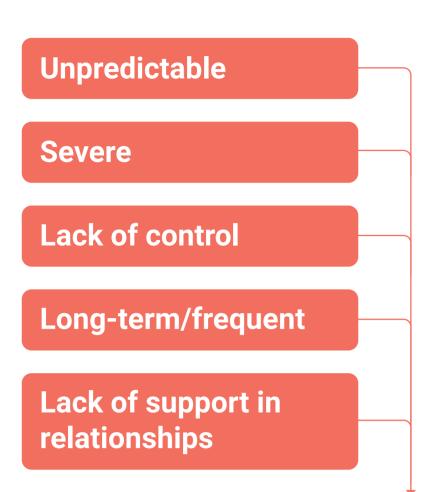
Long-term effects of stress

Pattern of stress determines whether stress is destructive or positive.





Predictable

Moderate

Control

Short-term/temporary

Support in relationships

Vulnerability

Stress activation results in sensitised stress response system.

Toxic stress

What to do?

How does it manifest in children?



Difficulty with self-regulation.



Increased impulsivity and irritability.



Intense stress reaction to mild or unrecognizable inputs and its faster escalation.



The need for extended time and support from regulated adult to calm down.

Resilience

Stress activation results in resilience building.



It is important to provide support.



Offer relational and somatosensoric means of regulation e. g. brain breaks or fidgets.



Build a predictable, structured and safe environment.



Expose children to adequate doses of positive stress; always consider predictability and control.



Train social and emotional skills.

Based on the work of Bruce D. Perry



