

Got Stress? What do you choose?

People raised in chaos, oppression, & trauma usually witness just two stress responses: the passive-victim response that shuts down and gives up —(flight/freeze) or the aggressive-bully response that speeds up and blows up—(fight). What is lacking, are role models for healthy coping skills. Take a moment to think about your stress role models, learned responses and coping skills. What areas of your life do you practice healthy, balanced response to stress? Where do you need skills? Yes, you may notice that you check areas in all three columns. We can that “human”.

Check all that apply:



Shut Down/Give up

- Views stress as a personal failure.
- Stress is excuse for poor self-care, self-pity or self-loathing.
- Easily overwhelmed.
- Chaos.
- Guilt, shame.
- Depressed, anxious.
- Learned helplessness.
- Avoidant, fear based.
- No support, martyr.
- Procrastination.
- Self-sabotage.
- Feeling worthless.
- Victim/defeated.

**Extreme stress leads to:
Poor health & illness.
Mood problems
Poor self-image
Bad habits & addiction**

Healthy Stress Management Balance:

- Views stress as a normal part of life.
- Stress viewed as human, learning opportunity, motivation for change.
- Structure & routine.
- Healthy self-care.
- Healthy boundaries.
- Creates support.
- Problem-solves.
- First things first.
- Embraces opportunity.
- Delegates.
- Relaxation.
- Meditation/prayer.

Balanced coping strategies lead to:

Healthy habits.
Positive role modeling.
Alignment of thoughts, actions, and values to create your best life!



Speed up/Blow up

- Views stress as someone’s fault.
- Stress is excuse for blame and aggression toward others.
- Blame- focused.
- Chaos.
- Poor self-care.
- Blames, judges.
- Perfectionism.
- Controlling.
- Irritable/anxious/angry.
- Impulsiveness.
- All or nothing thinking.
- Temper tantrums.
- Controlling/ bully.

**Extreme stress leads to:
Poor health & illness.
Mood problems
Bad habits & addiction
Violence & crime**