



Example Stressors in the 5 Domains of Self-Reg

Although they are by no means comprehensive lists, below are some examples of stressors across the 5 Domains of Shanker Self-Reg® compiled by our Level 2 Certificate learners. Use these to help stimulate thought about the types of stressors that may be using energy in yourself or another individual throughout the day.

Biological Domain		
<ul style="list-style-type: none"> • Allergies • Asthma • Athletic challenges • Autoimmune diseases • Being hungry • Being ill • Being inside too much • Being too cold or too hot • Bright lights • Busy traffic • Caffeine • Car/truck fumes • Chapped lips • Chronic pain • Cigarette smoke or other pungent smells • Clothing (sensitivity to fabrics) • Deep or light touch • Digestive disturbances or imbalances • Eating sounds • Eating sugar/candy • Equilibrioception (feeling "off balance") 	<ul style="list-style-type: none"> • Extreme weather conditions and excessive howling winds • Eyesight (forgot glasses/eyes not tested/print not clear/sitting too far away) • Fluorescent lighting, lack of natural light • Food intolerance/sensitivities • Gastrointestinal issues • Hard chairs • Having cold hands and feet in winter • Having to be too still • Having to sit too long in meetings • Hearing difficulty • Hormonal changes • Humming of power lines • Humming sounds from lights • Inadequate sleep • Infection/illness • Insomnia • Insufficient solitude and quiet • Lack of something such as food 	<ul style="list-style-type: none"> • Listening and feeling of my heart rate • Loud voices • Marathon training • Measuring for high blood pressure • Menstrual cycles • Non-restorative sleep or sleep disturbed • Over Indulging • Proximity (too close) • Screen Time • Smells (chemicals on floor or in bathrooms/perfumes/ food) • Sore teeth (cavities) • Speech impediment • Thirst • Too many things hanging in a classroom • Tooth pain • Travel • Video Games • Dry air

Emotion Domain

<ul style="list-style-type: none"> • A sick parent • Anticipation • Anxious about parental disagreements • Being in any kind of deep relationship and experiencing the strong emotions involved, positive and negative • Being kicked out of class • Being uncomfortable around so many other people • Board members or staff renegeing on promises and responsibilities • Change in routines • Children fighting • Comparing self to others • Conflict • Confrontation • Deadlines 	<ul style="list-style-type: none"> • Depression • Disagreements/arguments • Disappointment • Divorce • Doubtfulness • Embarrassment • Emotional liability • Family member is ill • Fear of another's reactions • Fear of punishment/ consequences • Fear of things like heights • Fear when trying something new • Feeling "off" • Feeling hurt • Feeling pain • Feeling responsible for other people • Feeling unwelcome 	<ul style="list-style-type: none"> • Foster care • Grief/Loss • Guilt • Helplessness • Intense surprises • Leaving parents to go into school • Lonely • Moving • Negative Conversations • Nightmares • Not Feeling Safe • Over-excitement • Paranoia • Preholiday (i.e. Christmas) build-up • Public speaking • Strong emotional expressions • Worrying about elderly parents that live with you
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Cognitive Domain

<ul style="list-style-type: none"> • Ability to organize thoughts • Being last to grasp new concepts • Being put on the spot • Being uninterested in topic • Cognitive dissonance • Competing demands of work, school, elderly parents, kids • Competition • Confusion • Constant new learning e.g. report cards • Difficult tasks that are not age appropriate • Forgetting shopping list • Having a to-do list in my head, not written down • History/Past experience • Information overload • Information presented too quickly or too slowly • Lack of intellectual stimulation 	<ul style="list-style-type: none"> • Learning a new language • Learning something new • Making decisions • Memory lapses • Multitasking • New information that doesn't fit in to what you currently "know" • New to country and attending a school where learning is presented in an unfamiliar language • Not being able to read the book that has been assigned • Not being able to use a calculator to figure out math problems • Overstimulation • Pattern recognition • Poor working memory • Prioritizing tasks • Reading challenges 	<ul style="list-style-type: none"> • Remembering Information • School improvement • Second language • Slow processing in a speedy world • Struggling to connect letter sounds and symbols • Thinking, concentrating, and working on a new problem • Time pressures • Too many interruptions • Too much inferring vs clearly stating expectations • Triple looping • Trouble recognizing patterns and symbols • Unable to track along with the written words on a page • Under-stimulation • Visual problems • When everyone else gets the joke but you
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Social Domain

- Adjusting to new norm of retirement
- Attending birthday parties
- Being a quiet person in a loud world
- Being bossed around or dominated by another
- Being bullied
- Being gossiped about
- Being in a social setting alone
- Being left out of a group/rejected
- Being victim of bullying
- Big groups
- Confrontation
- Confusing social situations
- Constant social input when you have an urge to be alone
- Crowds
- Defensive reaction in self when you disagree with what someone is saying
- Disagreements with your partner
- Eating slowly in a fast-eating world
- Engaging in small talk and not really connecting at a meaningful level
- Fake social niceties between people
- Feeling excluded

- Feeling like you have nothing to talk about in a group
- Feeling you have to socialize with a group of people you don't know
- Fitting in to different cultural norms
- Getting a turn in conversations
- Going to an event not knowing anyone
- Hostility
- Hypersensitivity to Social Signals
- Informing someone their chosen fragrance is a scent in a scent-free environment
- Intense one on one interaction
- Interpersonal conflicts
- Interpreting the impact of what we are saying on someone else
- Jealousy
- Joining a table of strangers and having to introduce yourself
- Keeping calm and looking beyond the words a person is saying to see their red brain in action
- Lack of friends
- Lack of Human Interaction
- Lack of social engagement
- Large family gatherings
- Large groups

- Learning the norms of a new group
- Meeting someone new
- Meetings where people engage in side bar conversations
- Moving crowds
- Not being understood by friends or acquaintances
- Not having anyone to play with at recess
- Obvious socially inappropriate comments
- Over focus on detecting the social signals
- Peer pressure with friends, or not so good friends
- Presenting a good first impression when meeting someone new
- Public speaking
- Putting on a social face when you are feeling a little too tired to entertain
- Small talk at social events e.g. birthday parties, holiday events, showers, etc.
- Two or more people talking at the same time
- Walking in to a social or professional function alone and not seeing anyone you recognise or know

Prosocial Domain

<ul style="list-style-type: none"> • A sick child • Altruism • Being distracted by the powerful feeling of being able to “see” the communication flowing between people • Being exploited by people, organisations and/or politicians • Being influenced by stereotypes, knowing you are influenced and not knowing how to deal with it • Being late • Compromising your needs to help out another person • Dealing with others' strong emotions • Difficulty reading others' cues • Empathy, Sympathy • Feeling the stress of your own children and other family members, especially in the midst of a dysregulated moment 	<ul style="list-style-type: none"> • Feeling unprepared • Giving a gift • Guilt • Having a huge circle of friends and colleagues many of whom seem to be having a crisis • Helping someone through their distress • 'Ignoring' panhandler while waiting in left turn lane • Injustice • Interacting with individuals or groups that don't really 'get you' or even care to know or are quick to assume • Internet dating • Expectations of others • Feeling limbic resonance and not knowing that's what the feeling is • Lack of empathy due to compassion fatigue 	<ul style="list-style-type: none"> • Lack of gathering places • Limbic reactions of others • Mind reading resulting in trying to please everyone or feeling overwhelmed • Moral dilemmas • My children's distress, and not being able to solve their problems for them • New neighbourhood • Other people's discomfort • Putting needs of others before your own • Selflessness-need some self-care for own health • Unfairness • Watching the news • When your partner is stressed • Working in the helping professions and feeling all the feels of clients we support
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