Stress Behaviour versus Misbehaviour

Dr. Stuart Shanker
Misbehaviour vs. Stress Behaviour

Misbehaviour

The key to misbehaviour is that the child could have acted differently; that she was aware that she shouldn’t have done something, and was perfectly capable of acting differently.

Stress Behaviour

The key to stress behaviour is that the child is not fully aware of what she is doing, or why: she has limited capacity to act differently.

Stress behaviour is caused by too a high stress-load.

➢ The big challenge in doing Self-Reg is figuring out why the child’s stress is so high.
The Evolution-Designed Brain

- Reptilian Brain
- Limbic System
- Neocortex
Video to Watch

Emerson - Mommy's Nose is Scary
Turning off the Alarm
https://www.youtube.com/watch?v=duTwUXB_1i4
Neuroception

Limbic system scans environment for signs of safety or threat

Threat-detection (Amygdala) is non-conscious

Triggers behavioural, physiological, and neural response (arousal)

Impact:

- Hypervigilance
- Poor discrimination of threat vs. safety
- Escape or avoidance
- Negative bias
Stress and Arousal

Heightened stress leads to arousal in four domains:

- Physiological
- Neural
- Psychological
- Emotional

Arousal leads to kindled threat-detection
Kindled threat-detection exacerbates arousal
Shift from Blue Brain to Red Brain dominance
Caught in Stress Cycle
Threat-detection, hypervigilance, poor discrimination

Working memory, negative bias, heightened distraction

Fear, anger, frustration

Working memory, negative bias, heightened distraction

Threat-detection, hypervigilance, poor discrimination

Anxiety, depression

Anxiety, depression
What is Stress

Stress is any stimulus that triggers the expenditure of energy.

Role of "restraint"

Tension --> energy depletion
## Major Stressors

<table>
<thead>
<tr>
<th>Sensory Issues</th>
<th>Social Anxiety</th>
<th>Sexuality</th>
<th>Lack of quality sleep</th>
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</thead>
<tbody>
<tr>
<td>Lack of exercise</td>
<td>Superstimulants (e.g., Junk Food and Junk Media)</td>
<td>Video games</td>
<td>Social Media</td>
</tr>
<tr>
<td>Independence</td>
<td>Changing Parent-Child Relationship</td>
<td>Loneliness</td>
<td>School</td>
</tr>
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Multiplier Effect

Stressors interact and exacerbate

Stress-reactivity escalates

Effect on stress thresholds

ALWAYS NEED TO ADDRESS ALL FIVE DOMAINS
Detecting Hyperarousal

- Changes in speech (e.g., higher, louder, faster)
- Pupil dilation
- Pasty facial complexion
- Heightened distractibility
Harsh, punitive, or judgmental responses fuel stress cycles.

Similarly, withdrawal leaves a child struggling to cope with stress cycle on his or her own.

To break a stress cycle, the connection has to be right-brain to right-brain, limbic to limbic.
5 Self-Reg Domains: Stressors

- **Biological**: Noises, crowds, too much visual stimulation, not enough exercise, lack of sleep, junk food
- **Emotion**: Strong emotions, both positive (over-excited) & negative (anger, fear)
- **Cognitive**: Difficulty processing certain kinds of information
- **Social**: Difficulty picking up on social cues, or understanding effect of behaviour on others
- **Prosocial**: Difficulty coping with other people’s stress; sense of injustice (may include misinterpreting stress behavior as misbehavior)
The Shanker Method™: 5 Steps

1. Read and **Reframe** the Behaviour

2. **Recognize** the Stressors

3. **Reduce** the Stress

4. **Reflect**: Develop Stress Awareness

5. **Respond**: Develop Personal Strategies to Promote Restoration and Resilience
“no such thing as a bad kid”

-Stuart Shanker
For more information please go to

• www.self-reg.ca
• General Inquiries - info@self-reg.ca
• Twitter - @Self_Reg
Free Online Resources
www.self-reg.ca

Infographics

Viewpoints and Blogs

Self-Reg Graphics
Books by Dr. Stuart Shanker

SELF-REG
How to Help Your Child (And You) Break the Stress Cycle and Successfully Engage With Life
DR. STUART SHANKER
with Teresa Barker

Self-Reg
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Calm, Alert, and Learning
Classroom Strategies for Self-Regulation
Stuart Shanker
TMC Offerings

Our Foundations Program is a four-course designed and delivered by Dr. Stuart Shanker, which leads to a certification in Shanker-Self Reg.

Self-Reg Portal Plus is our online community for people interested in exploring Shanker Self-Reg.

The Self-Reg Parent Portal is a moderated online community for parents interested in exploring The Shanker Method.

www.self-reg.ca
TMC Offerings

To support your initiative or capacity building

Three webinar-based 6 part mini-courses
- The Self-Reg Framework 101
- The Shanker Method 101
- Radar

Reduce stress, restore energy and learn about Self-Reg for 30 day. Classroom, school-wide and mentoring options available.

2016 Webinar series:
- The Epidemic of Epidemics
- Cog Corner
- The Reflective Parent

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