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.

<table>
<thead>
<tr>
<th>Biological Domain</th>
<th>Biological Domain</th>
<th>Biological Domain</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Allergies</td>
<td>• Extreme weather conditions and excessive howling winds</td>
<td>• Listening and feeling of my heart rate</td>
</tr>
<tr>
<td>• Asthma</td>
<td>• Eyesight (forgot glasses/eyes not tested/print not clear/sitting too far away)</td>
<td>• Loud voices</td>
</tr>
<tr>
<td>• Athletic challenges</td>
<td>• Fluorescent lighting, lack of natural light</td>
<td>• Marathon training</td>
</tr>
<tr>
<td>• Autoimmune diseases</td>
<td>• Food intolerance/sensitivities</td>
<td>• Measuring for high blood pressure</td>
</tr>
<tr>
<td>• Being hungry</td>
<td>• Gastrointestinal issues</td>
<td>• Menstrual cycles</td>
</tr>
<tr>
<td>• Being ill</td>
<td>• Hard chairs</td>
<td>• Non-restorative sleep or sleep disturbed</td>
</tr>
<tr>
<td>• Being inside too much</td>
<td>• Having cold hands and feet in winter</td>
<td>• Over Indulging</td>
</tr>
<tr>
<td>• Being too cold or too hot</td>
<td>• Having to be too still</td>
<td>• Proximity (too close)</td>
</tr>
<tr>
<td>• Bright lights</td>
<td>• Having to sit too long in meetings</td>
<td>• Screen Time</td>
</tr>
<tr>
<td>• Busy traffic</td>
<td>• Hearing difficulty</td>
<td>• Smells (chemicals on floor or in bathrooms/perfumes/food)</td>
</tr>
<tr>
<td>• Caffeine</td>
<td>• Hormonal changes</td>
<td>• Sore teeth (cavities)</td>
</tr>
<tr>
<td>• Car/truck fumes</td>
<td>• Humming of power lines</td>
<td>• Speech impediment</td>
</tr>
<tr>
<td>• Chapped lips</td>
<td>• Humming sounds from lights</td>
<td>• Thirst</td>
</tr>
<tr>
<td>• Chronic pain</td>
<td>• Inadequate sleep</td>
<td>• Too many things hanging in a classroom</td>
</tr>
<tr>
<td>• Cigarette smoke or other pungent smells</td>
<td>• Infection/illness</td>
<td>• Tooth pain</td>
</tr>
<tr>
<td>• Clothing (sensitivity to fabrics)</td>
<td>• Insomnia</td>
<td>• Travel</td>
</tr>
<tr>
<td>• Deep or light touch</td>
<td>• Insufficient solitude and quiet</td>
<td>• Video Games</td>
</tr>
<tr>
<td>• Digestive disturbances or imbalances</td>
<td>• Lack of something such as food</td>
<td>• Dry air</td>
</tr>
<tr>
<td>• Eating sounds</td>
<td>• Equilibrioception (feeling “off balance”)</td>
<td></td>
</tr>
</tbody>
</table>
### Emotion Domain

- 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 reneging on promises and responsibilities
- Change in routines
- Children fighting
- Comparing self to others
- Conflict
- Confrontation
- Deadlines
- 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
- 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

### Cognitive Domain

- 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
- 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
- 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
### 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

<table>
<thead>
<tr>
<th>A sick child</th>
<th>Feeling unprepared</th>
</tr>
</thead>
<tbody>
<tr>
<td>Altruism</td>
<td>Giving a gift</td>
</tr>
<tr>
<td>Being distracted by the powerful feeling of being able to “see” the communication flowing between people</td>
<td>Guilt</td>
</tr>
<tr>
<td>Being exploited by people, organisations and/or politicians</td>
<td>Having a huge circle of friends and colleagues many of whom seem to be having a crisis</td>
</tr>
<tr>
<td>Being influenced by stereotypes, knowing you are influenced and not knowing how to deal with it</td>
<td>Helping someone through their distress</td>
</tr>
<tr>
<td>Being late</td>
<td>'Ignoring' panhandler while waiting in left turn lane</td>
</tr>
<tr>
<td>Compromising your needs to help out another person</td>
<td>Injustice</td>
</tr>
<tr>
<td>Dealing with others' strong emotions</td>
<td>Interacting with individuals or groups that don't really 'get you' or even care to know or are quick to assume</td>
</tr>
<tr>
<td>Difficulty reading others’ cues</td>
<td>Internet dating</td>
</tr>
<tr>
<td>Empathy, Sympathy</td>
<td>Expectations of others</td>
</tr>
<tr>
<td>Feeling the stress of your own children and other family members, especially in the midst of a dysregulated moment</td>
<td>Feeling limbic resonance and not knowing that's what the feeling is</td>
</tr>
<tr>
<td></td>
<td>Lack of empathy due to compassion fatigue</td>
</tr>
<tr>
<td></td>
<td>Lack of gathering places</td>
</tr>
<tr>
<td></td>
<td>Limbic reactions of others</td>
</tr>
<tr>
<td></td>
<td>Mind reading resulting in trying to please everyone or feeling overwhelmed</td>
</tr>
<tr>
<td></td>
<td>Moral dilemmas</td>
</tr>
<tr>
<td></td>
<td>My children's distress, and not being able to solve their problems for them</td>
</tr>
<tr>
<td></td>
<td>New neighbourhood</td>
</tr>
<tr>
<td></td>
<td>Other people's discomfort</td>
</tr>
<tr>
<td></td>
<td>Putting needs of others before your own</td>
</tr>
<tr>
<td></td>
<td>Selflessness-need some self-care for own health</td>
</tr>
<tr>
<td></td>
<td>Unfairness</td>
</tr>
<tr>
<td></td>
<td>Watching the news</td>
</tr>
<tr>
<td></td>
<td>When your partner is stressed</td>
</tr>
<tr>
<td></td>
<td>Working in the helping professions and feeling all the feels of clients we support</td>
</tr>
</tbody>
</table>