



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

## Emotion Domain

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

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

<ul style="list-style-type: none"> <li>• Adjusting to new norm of retirement</li> <li>• Attending birthday parties</li> <li>• Being a quiet person in a loud world</li> <li>• Being bossed around or dominated by another</li> <li>• Being bullied</li> <li>• Being gossiped about</li> <li>• Being in a social setting alone</li> <li>• Being left out of a group/rejected</li> <li>• Being victim of bullying</li> <li>• Big groups</li> <li>• Confrontation</li> <li>• Confusing social situations</li> <li>• Constant social input when you have an urge to be alone</li> <li>• Crowds</li> <li>• Defensive reaction in self when you disagree with what someone is saying</li> <li>• Disagreements with your partner</li> <li>• Eating slowly in a fast-eating world</li> <li>• Engaging in small talk and not really connecting at a meaningful level</li> <li>• Fake social niceties between people</li> <li>• Feeling excluded</li> </ul>	<ul style="list-style-type: none"> <li>• Feeling like you have nothing to talk about in a group</li> <li>• Feeling you have to socialize with a group of people you don't know</li> <li>• Fitting in to different cultural norms</li> <li>• Getting a turn in conversations</li> <li>• Going to an event not knowing anyone</li> <li>• Hostility</li> <li>• Hypersensitivity to Social Signals</li> <li>• Informing someone their chosen fragrance is a scent in a scent-free environment</li> <li>• Intense one on one interaction</li> <li>• Interpersonal conflicts</li> <li>• Interpreting the impact of what we are saying on someone else</li> <li>• Jealousy</li> <li>• Joining a table of strangers and having to introduce yourself</li> <li>• Keeping calm and looking beyond the words a person is saying to see their red brain in action</li> <li>• Lack of friends</li> <li>• Lack of Human Interaction</li> <li>• Lack of social engagement</li> <li>• Large family gatherings</li> <li>• Large groups</li> </ul>	<ul style="list-style-type: none"> <li>• Learning the norms of a new group</li> <li>• Meeting someone new</li> <li>• Meetings where people engage in side bar conversations</li> <li>• Moving crowds</li> <li>• Not being understood by friends or acquaintances</li> <li>• Not having anyone to play with at recess</li> <li>• Obvious socially inappropriate comments</li> <li>• Over focus on detecting the social signals</li> <li>• Peer pressure with friends, or not so good friends</li> <li>• Presenting a good first impression when meeting someone new</li> <li>• Public speaking</li> <li>• Putting on a social face when you are feeling a little too tired to entertain</li> <li>• Small talk at social events e.g. birthday parties, holiday events, showers, etc.</li> <li>• Two or more people talking at the same time</li> <li>• Walking in to a social or professional function alone and not seeing anyone you recognise or know</li> </ul>
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## Prosocial Domain

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