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Early Warning Stress Systems: Teacher Inventory

Like highway signs that signal turns, there are physical, emotional and behavioural signs that signal distress. These systems are survival response. They signal threat, and galvanize movement to safety.

Recent research shows, however, that chronic stress can have profound negative impact on quality of life and health. Recognizing stress signals offers opportunity to:

- change the stressor
- change proximity to the stressor
- increase self-care required to manage the response to the stressor

What are your observable stress signals?

Physical	
<input type="checkbox"/> Agitation	<input type="checkbox"/> Pacing
<input type="checkbox"/> Heart pounding	<input type="checkbox"/> Eating more/less
<input type="checkbox"/> Sweating	<input type="checkbox"/> Breathing hard
<input type="checkbox"/> Clenching of teeth	<input type="checkbox"/> Shortness of Breath
<input type="checkbox"/> Wringing hands	<input type="checkbox"/> Clenching Fists
<input type="checkbox"/> Agitated bouncing of legs, feet	<input type="checkbox"/> Loud voice
<input type="checkbox"/> Shaking	<input type="checkbox"/> Swearing
<input type="checkbox"/> Crying	<input type="checkbox"/> Restlessness
<input type="checkbox"/> Giggling	<input type="checkbox"/> Flushed face
<input type="checkbox"/> Headaches	<input type="checkbox"/> Stomach aches
<input type="checkbox"/> Lethargy	<input type="checkbox"/> Constipation
<input type="checkbox"/> Sensation of tightness in the chest	<input type="checkbox"/> Other:
Emotional	
<input type="checkbox"/> Anger	<input type="checkbox"/> Sadness
<input type="checkbox"/> Discouragement	<input type="checkbox"/> Prolonged grief
<input type="checkbox"/> Depression	<input type="checkbox"/> Anxiety
<input type="checkbox"/> Other:	<input type="checkbox"/> Other:
Workplace	
<input type="checkbox"/> Avoidance of certain students	<input type="checkbox"/> Tardiness
<input type="checkbox"/> Lack of motivation	<input type="checkbox"/> Missed meetings
<input type="checkbox"/> Reactivity where there was none before	<input type="checkbox"/> Isolation
<input type="checkbox"/> Tuning out	<input type="checkbox"/> Other:
<input type="checkbox"/> Other:	<input type="checkbox"/> Other:
Home	
<input type="checkbox"/> Irritable	<input type="checkbox"/> Eating more salty, high fat or sugary foods
<input type="checkbox"/> Cynicism	<input type="checkbox"/> Moody
<input type="checkbox"/> Intrusive images of student's stories	<input type="checkbox"/> Isolation
<input type="checkbox"/> Other:	<input type="checkbox"/> Other: