

STRESS TRIGGERS & THRESHOLDS MAP

Identify what overwhelms you — and where your limits actually are.

SECTION 1 — Your Most Common Stress Triggers

List situations, environments, or interactions that consistently increase stress.

- Situational triggers (workload, deadlines, transitions):

 - Relational triggers (people, dynamics, expectations):

 - Internal triggers (thoughts, pressure, self-talk):

 - Sensory/environmental triggers (noise, clutter, lack of space):

-

SECTION 2 — How Stress Shows Up in Your Body

What physical or emotional signals appear when stress begins building?

Examples: tension, irritability, fatigue, zoning out, headaches, restlessness.

- Early signals:

- Signals when stress increases:

- Signals when you are past your limit:

SECTION 3 — Your Stress Threshold

Answer honestly — not based on what *should* be manageable.

- I start feeling overwhelmed when:

- Signs I have crossed my threshold:

SECTION 4 — What Pushes You Past Your Threshold Faster?

Check or write what lowers your capacity:

- Lack of sleep
- Emotional conflict
- Health issues
- Overcommitment
- Lack of support
- Ongoing uncertainty
- Other: _____

SECTION 5 — What Raises Your Threshold (Even Slightly)?

What helps your system handle stress more effectively?

- Rest or recovery: _____
 - Boundaries or limits: _____
 - Support or connection: _____
 - Structure or predictability: _____
 - Regulation tools (breathing, movement, pauses):

-

SECTION 6 — One Early Intervention I Can Practice

Instead of waiting until overwhelm hits:

- One early signal I will watch for:

 - One action I can take when I notice it:

-

Closing Reflection

Understanding your triggers and thresholds allows you to respond **earlier**, not harder.
