




STRESSOR TOOL

Recognising and reducing stressors is an important part of reframing behaviour. Start with the student's strengths and interests. Then fill out the potential stressors that you recognise through your own observations or what you have learned from the student, their parent/caregiver or other supporting adults. When you have recognised the stressors, consider how you might reduce some of them with consideration to the student's strengths and interests. Some will be outside of your control.

Student Name:	Student's Strengths and Interests	Date:

RECOGNISING STRESSORS	  Biological	REDUCING STRESSORS
RECOGNISING STRESSORS	  Cognitive	REDUCING STRESSORS

RECOGNISING STRESSORS



REDUCING STRESSORS

RECOGNISING STRESSORS



REDUCING STRESSORS

RECOGNISING STRESSORS



REDUCING STRESSORS

RECOGNISING STRESSORS



REDUCING STRESSORS