Overhead/Handout 4.1.
Examples of Common Stressors

Cognitive overload

Not being able to figure out what is going on

Not understanding a request

Inability to perform a task

Fatigue

Inability to communicate needs, being misunderstood

Frustration

Response to demoralizing or infantilizing treatment

Not feeling well

Noise, people moving around

Anxiety

Not being in control

Unmet bodily needs

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