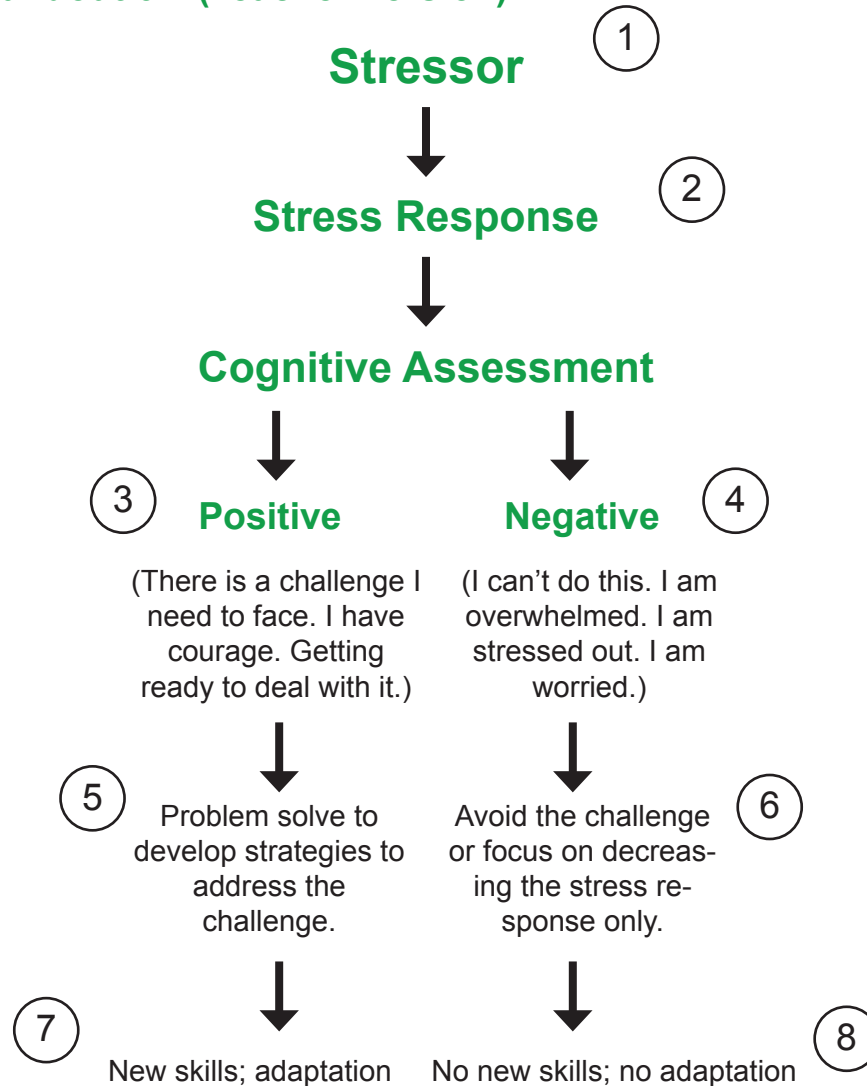


## Explanation of Handout 6.1 (Teacher Version)



- 1) A challenge occurs in our environment (e.g. an upcoming exam).
- 2) We experience various “symptoms” (e.g. heart racing, rapid breathing, tension, etc.).
- 3) We understand this experience as a signal telling us we have a problem to solve.
- 4) We understand this experience as a signal telling us we have a problem we cannot solve.
- 5) We seek out solutions/strategies to help us solve the problem (e.g. study, ask for help, apply interventions designed to decrease intensity of the stress response).
- 6) We retreat, avoid and place focus on applying interventions designed to elevate intensity of the stress response.
- 7) We meet the challenge successfully and have learned new skills we can apply in the future (e.g. how to manage time, useful study skills, etc.).
- 8) We have not learned new skills and instead now expect that we can’t be successful and have learned to fear the stress response.
- 9) Repeated adaptations lead to resilience.