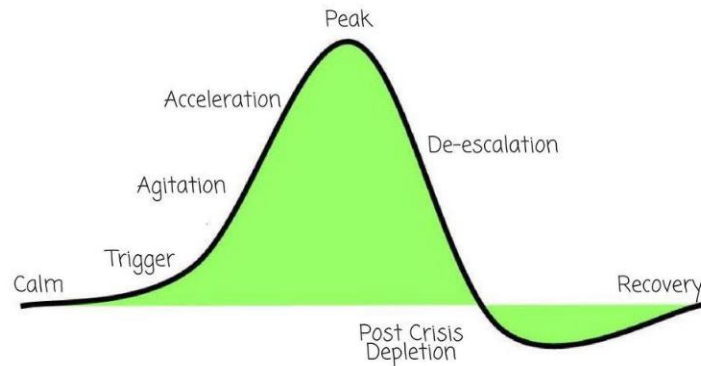


PCR Protocol : Plan-Cope-Recover

Jennifer Williams, PhD

This is what the stress response often looks like. You will notice you or others are at times uncertain of what has caused you to move into a distress peak, or you may feel that your distress level seems “disproportionate” to how others experience the same stressor. That is okay. We are just interested in identifying what your stressors are (situational, emotional, sensory, physical, relational, etc.), determining how to plan for them, cope with them, and then recover well from them to optimize your functioning and well-being.



MY MOST COMMON STRESSORS

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

PLANNING

Anticipating and predicting change and stressors is the planning part. You are trying to figure out what to do to prevent increased stress from accelerating into a distress peak. People plan well when they know what they are triggered by, what they are sensitive to, and generally how they work. (For example- If you know that when you start something you have to finish it, this information helps you plan to only start an activity when you are calm and have the ability to finish it.)

1. _____
2. _____
3. _____
4. _____
5. _____

PCR Protocol : Plan-Cope-Recover

COPING

Skills used to manage stress reactions when planning has not prevented enough stress or when there are unexpected stressors. These are behaviors, thoughts, and strategies you use to tolerate stressors and function well enough to get through a stressful situation. You are trying to avoid a distress peak or flatten it a bit so that it is not so intense.

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

RECOVERY

For autistic folks, research suggests that the sympathetic nervous system (the one that activates fight/flight/freeze mode) is more active and easier to over stimulate than that of neurotypical folks. Also, the parasympathetic nervous system (the one that is active when we are calm and resting) takes longer to reduce distress in autistic folks and may be activated by unique stimuli and circumstances. Recovery is then essential. Recovery is the time after a stressful event where you will need to increase positive stimulation and decrease negative stimulation. It may be helpful to track the time frames it takes recover- you can expect that the more intense the stress reaction the more time it will take to recover. Everyone's recovery activities will be different, as what feels good to us and what feels bad to us differs for everyone individually.

Positive Sources of Stimulation for Me

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Negative Sources of Stimulation for Me

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>