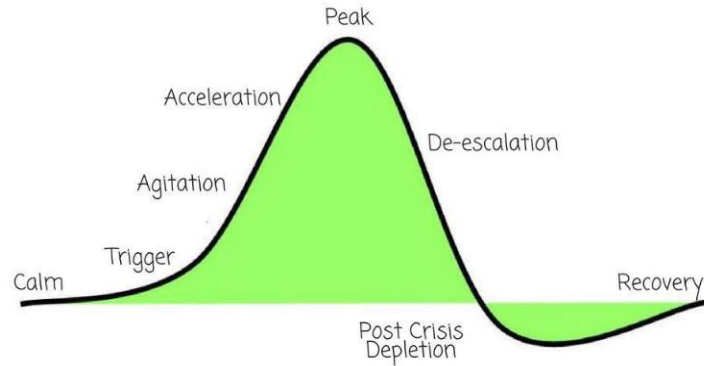


## PCR Protocol : Plan-Cope-Recover

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. (Ex- 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.) How can you plan as well as possible for your most common stressors to best manage them?

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. Coping strategies may fall into the categories of thought-based (ex. thought stopping, distraction, shifting perspectives), behavior-based (Ex. trying a different activity, stopping a task that is not working well, adding in self-care behaviors), socioemotionally-based (Ex. seeking social support, ventilating negative emotions, self-soothing), physiologically based (Ex. taking psychoactive medication as prescribed, diaphragmatic breathing, exercise, improving diet).

What are your most commonly helpful coping strategies ?

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Make note of when or how your coping strategies are not as effective as you'd like, so this can be addressed:

_____
_____
_____

### RECOVERY

Recovery is 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 recovery you can expect that the more intense the stress reaction the more time it will take to recover. During busier times you may have to use short and frequent recovery bursts, as well as increased planning and coping, to reduce burn out. Everyone's recovery activities will be different, as what feels good to us and what feels bad to us differs for everyone individually. It is encouraged that you avoid being ideological or rigid about how you think you "should" be coping or functioning and only stay curious and open to what works.

**PCR Protocol : Plan-Cope-Recover**

Positive Sources of Stimulation for Me (Past and Present) – To Be Sought or Increased During Recovery

Sensory (auditory, visual, olfactory, gustatory, vestibular, etc.)

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Cognitive (Thoughts, Attention, Perspective)

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Behavioral (Tasks, Actions, Activities)

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Socioemotional

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**PCR Protocol : Plan-Cope-Recover**

Negative Sources of Stimulation for Me (Past and Present) – To Be Reduced or Avoided During Recovery

Sensory (auditory, visual, olfactory, gustatory, vestibular, etc.)

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Cognitive (Thoughts, Attention, Perspective)

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Behavioral (Tasks, Actions, Activities)

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Socioemotional

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