

**The ART of Resilience:
Stress Responses
Reflection Activity Worksheet**



Adaptive Stress Response

A stimulus that causes discomfort and results in subsequent productive adaptations.

Mal-Adaptive Stress Response

A stimulus that causes discomfort and results in subsequent counterproductive adaptations.

**EXAMPLES OF
ADAPTIVE RESPONSES**

- Ability to say no/sets boundaries
- Ability to prioritize and is organized
- Takes recovery breaks frequently
- Accepting of situation
- Stays motivated and adapts

**EXAMPLES OF
MAL-ADAPTIVE RESPONSES**

- Says yes to everything/no boundaries
- Can't prioritize and is disorganized
- Takes no breaks...works non-stop
- Denies or ignores situation
- Feels deflated and resists change



Reflection Activity

Think about the stimuli that cause discomfort for you. These could be intentional or unintentional. Write them down here.

What is an Adaptive Response you would like to train?

What is a Mal-Adaptive Response you would like to refrain?