

## **Unrelenting Stress & Its Impact on Learning**

### **Presented at the International Congress on Language Learning 2022**

Jeff Brake, Mission Training International jbrake@mti.org

Please find below a listing of helping resources and websites in regard to naming emotions, recognizing stress, and healthy coping. There are also links to information about the autonomic nervous system, stress response, Hand Model of the Brain, and Executive functions.

#### **Naming Emotions**

<https://tomdrummond.com/app/uploads/2019/11/Emotion-Feelings.pdf>

<https://www.mentalfloss.com/article/64182/improve-your-vocabulary-wheel-feelings>

#### **Brené Brown's Atlas of the Heart Emotions**

<https://brenebrown.com/resources/atlas-of-the-heart-list-of-emotions/>

#### **Holmes and Rahe Stress Inventory**

<https://www.stress.org/holmes-rahe-stress-inventory>

#### **Executive Function**

<https://www.understood.org/en/learning-thinking-differences/child-learning-disabilities/executive-functioning-issues/what-is-executive-function>

[https://en.wikipedia.org/wiki/Executive\\_functions](https://en.wikipedia.org/wiki/Executive_functions)

#### **Executive Function and Learning**

[https://www.understood.org/en/learning-thinking-differences/child-learning-disabilities/executive-functioning-issues/what-is-executive-function?\\_u=1\\*1jj12oh\\*domain\\_userid\\*YW1wLTEzZXFMX2ZmdUhlGxqbjJGV3A4aUE](https://www.understood.org/en/learning-thinking-differences/child-learning-disabilities/executive-functioning-issues/what-is-executive-function?_u=1*1jj12oh*domain_userid*YW1wLTEzZXFMX2ZmdUhlGxqbjJGV3A4aUE)

#### **Window of Tolerance**

<https://www.lifebydesigntherapy.com/blog/why-understanding-your-window-of-tolerance-is-essential-to-managing-stress-and-overwhelm/7/2020>

<https://www.youtube.com/watch?v=Wcm-1FBrDvU>

#### **Dr. Dan Siegel's Hand Model of the Brain (for kids)**

<https://www.youtube.com/watch?v=gm9CIJ74Oxw>

#### **Understanding the Stress Response**

<https://www.youtube.com/watch?v=gm9CIJ74Oxw>