Stress and Vulnerability Map - Concept brief

Understand the idea behind stress and vulnerability map and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Casey notices a crowded living situation makes routines harder.

The idea

Experiences are affected by interacting stressors, supports, and individual vulnerabilities.

An ordinary example

Casey notices a crowded living situation makes routines harder.

What this can look like

Map current stress, environmental demands, coping resources, and supports without assigning blame.

Check the fit

Which part of the environment or support system could change? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A personal recovery goal and a symptom-management strategy serve related but different purposes; the person defines what a meaningful life includes.

Reflection

Which part of the environment or support system could change?

Scope and adaptation

Original IMR-informed companion exercises, not the official IMR manual, fidelity assessment, or complete IMR program. Use collaborative clinical assessment and existing care plans. Do not change medication independently, challenge distressing beliefs through confrontation, or use worksheets to determine urgency. Increased or concerning symptoms need appropriate clinical assessment.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Illness Management and Recovery Evidence-Based Practices KIT. Full source links and scope: library.morethantherapy.org/recovery/resources/IMR-A03-1