HELP IN THE MOMENT®

Regulation resources you can use anytime, anywhere.

Bilateral Tapping: Bilateral tapping is the easiest way to reduce your anxiety and stress levels in a short amount of time. The tappers do the bilateral tapping for you, making it the easiest and most convenient resource of all.

If you do not have the tappers with you, place your hands on your thighs and begin to tap back and forth with your hands in an alternating pattern. (left/right/left/right). You can also move your feet back and forth in the same alternating pattern.

Movement
Stretch, take a walk, jump up and down. Movement helps relieve muscle tension.

Drink Water
When we experience anxiety and stress, we often experience a dry mouth. By taking a drink of water or chewing gum, you are activating your digestive system, which in turn activates the relaxation response.

Focused Breathing
Slowly take in a deep breath, hold your breath for a second or two, breathe out slowly. Repeat this exercise several times or use any other focused breathing exercise you prefer.

Connection
As you begin to calm down, you will be able to articulate how you are feeling more easily. Acknowledging your feelings and sharing them with a safe person increases your sense of calm and safety.

IMPORTANT: The sequence of these grounding techniques is intentional. If you are with someone who is anxious and upset, you are encouraged to do these techniques with the person. Your presence, your encouragement, your role modeling of these techniques will help (co-regulation).

To learn more about Bi-Tapp, go to **www.bi-tapp.com**

WHAT ZONE AM I IN?

Gaining a working understanding of which zone you are in is one of the most important things that will help you effectively manage your stress and improve your relationships. Learning to recognize when you are outside of the green zone and utilizing resources to help your nervous system return to the green zone is a key component to your emotional health.

RED ZONE
Hyper-arousal
Too much arousal

- Sympathetic System is Activated
- Feeling Overwhelmed
- Can't Think Clearly
- Rigid Or Chaotic Thinking
- Anxious / Panic
- Emotional Reactivity
- Stress Patterns Emerge
- No New Learning Can Take Place

GREEN ZONE
Optimal Level of Functioning

- Parasympathetic System is Activated
- Experience a Full Range of Emotions But with a Sense of Control and Options
- State of Mind is Calm, Alert, Flexible, Adaptable
- Able to Self Regulate and Connect with Others
- New Learning Can Take Place

BLUE ZONE
Hypo-arousal
Too little arousal

- Poor Contact with Others
- Isolation / Withdrawal from Others Numbing of Emotions
- Limited Awareness of Sensation
- Hard Time Tracking Conversation
- No New Learning Can Take Place

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