

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