Doing something to calm down
Step away from the situation
Deep breathing
Journal
Call a friend or family member

Low state of alertness and down feelings

I'm Feeling...
- Sad
- Tired
- Sick
- Bored
- Unmotivated

My Strategies Are...
- Doing things that make me happy
- Self-care activities
- Listen to music
- Stretch
- Work for 10 minutes

Blue Zone
Low state of alertness and down feelings

Heightened states of alertness and elevated emotions

I'm Feeling...
- Stressed
- Anxious
- Excited
- Nervous
- Irritable
- Moderate control

Yellow Zone

My Strategies Are...
- Exercise
- Sensory strategies
- Meditation
- Doing a low-effort, yet productive task (i.e. make a to-do list, clean, meal prep)

Regulated, focused, improved memory, and better attention

Green Zone
Regulated, focused, improved memory, and better attention

Extremely heightened states of alertness and intense emotions

I'm Feeling...
- Panic
- Angry
- Explosive
- Devastated
- Terror
- Out of Control

Red Zone

I'm Feeling...
- Stressed
- Anxious
- Excited
- Nervous
- Irritable
- Moderate control

My Strategies Are...
- Doing something to calm down
- Step away from the situation
- Deep breathing
- Journal
- Call a friend or family member


By identifying which zone you are in, you can improve your ability of selecting an appropriate strategy to enhance self-regulation.