

Green Zone



Happy



Calm



Proud



Loved



Cheerful



Grateful



Content



Okay



What can you do?



It's Good to be Green!

Open your Window of Tolerance

WINDOW OF TOLERANCE

This is where things feel just right, where you are best able to cope with the punches life throws at you. You're calm but not tired. You're alert but not anxious.

What can you do?

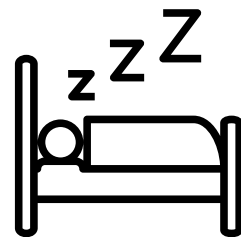
Eat well



Drink well



Sleep well



It's Good to be Green!



Blue Zone



Tired



Bored



Tearful



Sad



Disappointed



Ashamed

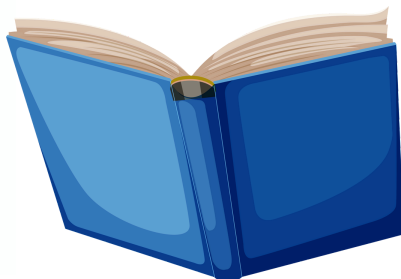
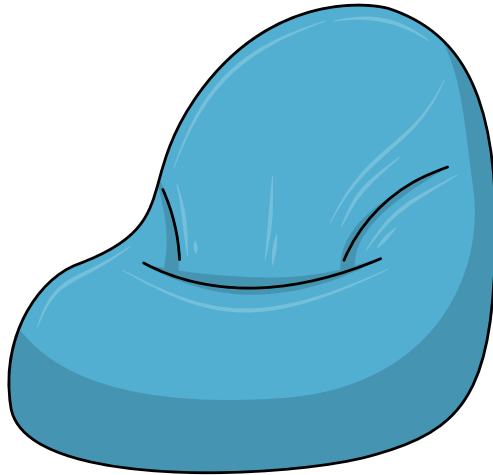


Sick

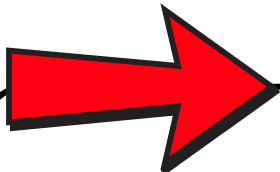
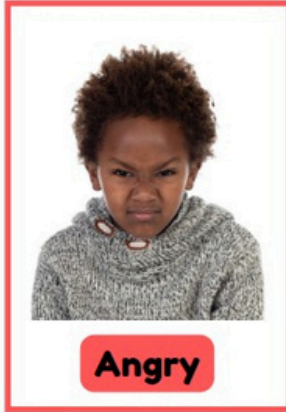
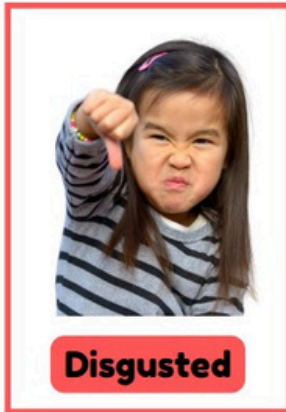
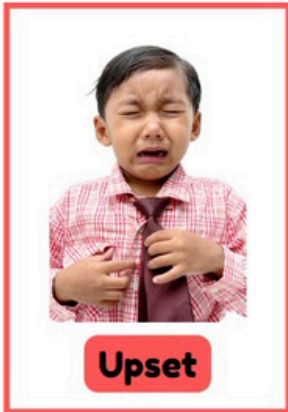


Shy

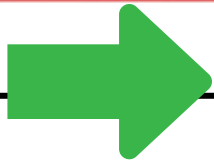
Regulate to return



Red Zone



Remove to regulate



Deep Breathing EXERCISE



Yellow Zone



Frustrated



Amazed



Surprised



Worried



Nervous



Excited



Embarrassed



Annoyed

Regulate to return

