

# Red Zone

## *Freeze Response*

Energy Saving Processes

Unresponsiveness

Confusion

Blackouts

### **Thinking**

Disorientation

Loss of awareness

No memory of actions

Lack of motivation

Hopelessness

Numbness

### **Emotions**

Low Mood

Blank

Struggle to connect with others

Slowed breathing

Stiffness

Rigid muscles

### **Sensations**

Exhaustion

Shaking

Changes to vision and/or hearing

Difficulty controlling movements

Sleeping more

### **Behaviour**

Inactive

Reduced or slowed movement

# Amber Zone

## *Flight / Fight Response*

Energy Consuming Processes

Increased alertness

Worrying thoughts

### **Thinking**

Racing thoughts

Less mental focus

Difficulty planning, problem solving and remembering

Feeling trapped or unsafe

Anxiety

Frustration

Anger

### **Emotions**

Panic

Difficulty relaxing

Feeling overwhelmed

Faster heart beat

Headaches

Butterflies

Sweating

### **Sensations**

Nausea

Feeling hot

Pain

Tight throat

Faster breathing

Dry mouth

Avoidance of situations

Avoidance of activities

Difficulty sleeping

### **Behaviour**

Confrontational

Sticking to set routines

Avoidance of places

# Green Zone

*Rest and Digest*

Connecting with others

Ability to shift focus of attention

Ability to learn

**Thinking**

Curious

Awareness of the 'here and now'

Better able to manage emotions

Able to engage

**Emotions**

Openness

Better able to empathise and connect with others

Slower breathing rate

Muscles relaxed

**Sensations**

Steady heart rate

In control of movements

More willing to try new things

Friendly

**Behaviour**

More flexible

Engagement in activities that matter to you