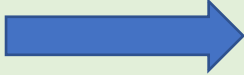




Zones of Self-Awareness

Tuning in and understanding what you individually look like in each zone can help you become more aware so that you can be your own FIRST RESPONDER in emotional emergencies. Do you have your own built in warning system? Can you practice now? Some have difficulty with one or more areas and that is okay. Be patient as you take time to notice and cultivate the awareness. Let's build awareness and then create an emergency first aid kit so that you can be the first responder in your own life.

GREEN	ORANGE	RED
		
SIGNS YOU ARE IN THE ZONE OF OPTIMAL REGULATION <i>(MAKE A LIST)</i>	EARLY WARNING SIGNS <i>(MAKE A LIST)</i>	SIGNS YOU ARE IN FIGHT, FLIGHT OR FREEZE <i>(MAKE A LIST)</i>
<i>Physical/Body Sensory:</i>	<i>Physical/Body Sensory:</i>	<i>Physical/Body Sensory:</i>
<i>Feelings/Emotions:</i>	<i>Feelings/Emotions:</i>	<i>Feelings/Emotions:</i>
<i>Thoughts:</i>	<i>Thoughts:</i>	<i>Thoughts:</i>
<i>Behavior:</i>	<i>Behavior:</i>	<i>Behavior:</i>



Zones of Self-Awareness

Strategies I can use for grounding, support and self-regulation:

1. People/Community that calm and ground you
2. Places/Environments that are predictable, restorative and safe for you
3. Objects/Things that are comforting
4. Activities that calm your stress response system
5. Words/Self-Talk/Mantras/Quote you can or do say that help you to feel safe or calm
6. Routines, schedules or rituals that help you feel grounded and safe