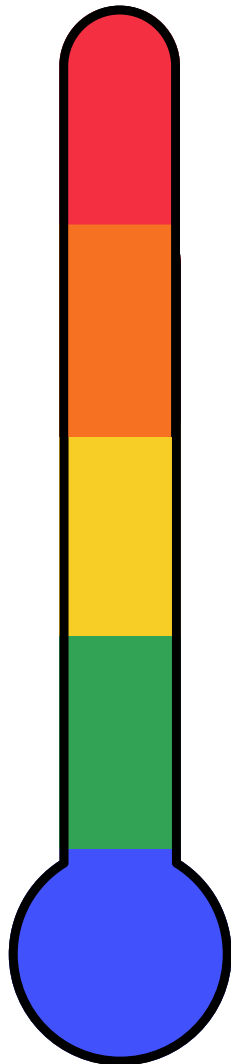





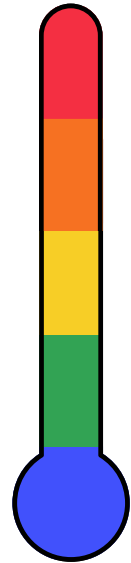


# Managing Emotions for Families



-  Red Zone: Emotions are strong and feel overwhelming.
-  Orange Zone: Emotions are stronger and becoming difficult to manage.
-  Yellow Zone: Some emotions, like anxiety or frustration, have appeared, but they feel manageable.
-  Green Zone: Emotions are manageable and positive or neutral.
-  Blue Zone: Emotions like sadness can feel difficult to manage.


# Blue Zone



When we're in the **Blue Zone**, we can feel:

- Isolated
- Sad
- Guilty
- Bored
- Vulnerable
- Hurt
- Tired
- Powerless

In the Blue Zone, it can sometimes feel like we aren't really on top of things, and that our emotions don't feel very manageable.



Try this when you're in the Blue Zone:

### **Call a friend**

Calling or texting a friend to chat through how you're feeling can be very helpful. If you're feeling lonely, or isolated, it's a nice way to reassure yourself that you aren't alone in this, and that there's someone in your corner.

### **Self-Care**

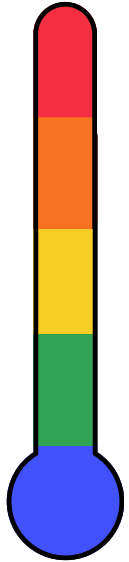
It's easy to forget to take care of ourselves when we're taking care of others, but your wellbeing is important too. What are some things that make you feel good? It could be going for a walk or jog in nature, watching your favourite film, or having a long bath or shower.

### **Remember Something Wonderful**

We can have so many wonderful experiences in life. When we're feeling powerless, or hurt, remembering the good times can be a great reminder that challenging times will pass, and better times will come (**you're doing great.**)



# Green Zone



When we're in the **Green Zone**, we can feel:

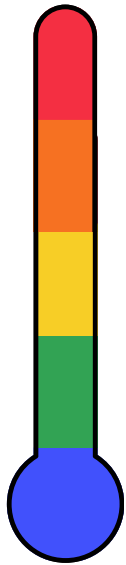
- Happy
- Optimistic
- Excited
- Grateful
- Hopeful
- Calm
- Proud

Believe it or not, the Green Zone is the best zone to **practice** emotion regulation techniques.

## Why?

When our brains are calm, they are more receptive to new information. So when we practice regulation techniques while we're in this zone, we're more likely to remember them when we really need them.

# Yellow Zone



When we're in the **Yellow Zone**, we can feel:

- Unsure
- Worried
- Forgetful
- Uneasy
- Stressed

In the Yellow Zone, things still feel manageable, but not as positive as they do in the **Green Zone**.

# Yellow Zone

Try this when you're in the Yellow Zone:

## Mindful Breathing

1. Sit or stand with both feet flat on the floor.
2. Place one hand on your belly and the other on your chest.
3. If it is safe to do so, close your eyes.
4. Take a deep breath in. Which hand did you feel moving with your inhale?
5. Slowly exhale through your mouth.
6. On your next inhale, try directing your breath to your hand that's resting on your belly.
7. Exhale through your mouth, and feel your hand move with your breath.

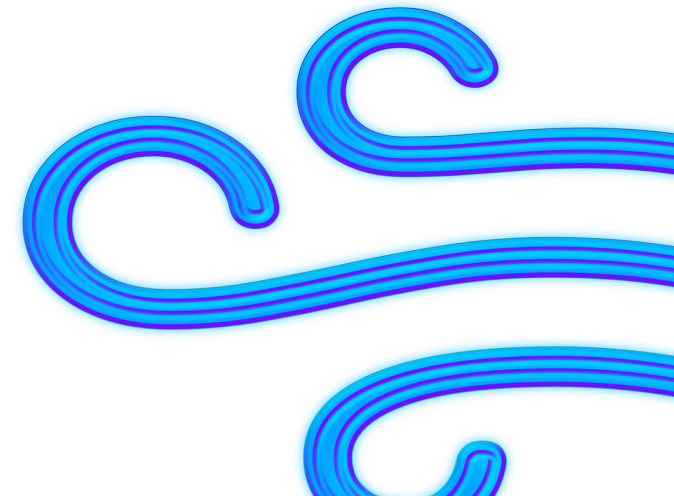
Repeat this 3 to 10 times.

You can use this video as a guide if you like:

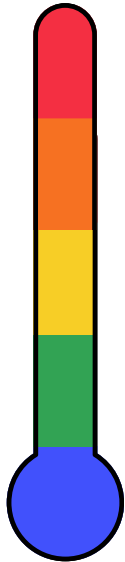
<https://www.youtube.com/watch?v=aNXKjGFULMs>



SCAN ME



# Orange Zone



When we're in the **Orange Zone**, we can feel:

- Anxious
- Frustrated
- Lonely
- Critical
- Mad

In the Orange Zone, things can start to feel less manageable, and emotions will be stronger than they were in the **Yellow Zone**.

# Orange Zone

Try this if you are feeling anxious:

## Butterfly Taps

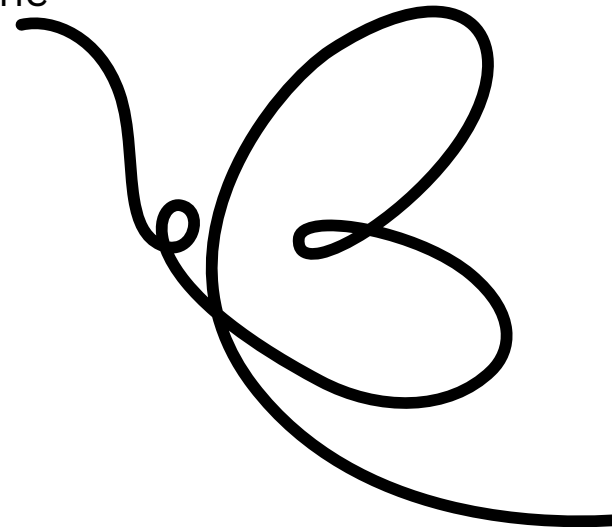
1. Take 3 or 4 deep breaths like we practiced in the Yellow Zone.
2. You can close your eyes if it feels safe to do so.
3. As you take these breaths, if you can, try and notice where in your body you are feeling the anxiety. Is it in your belly? Do you feel it in your chest? Is it a tingling sensation in your face or hands?
4. Take both of your arms and cross them on your chest, so each hand is touching the opposite collarbone. (You may wish to hook your thumbs together)
5. Continuing with deep breaths, start alternating tapping either collarbone
6. Do this for at least 30 seconds.
7. See if you can do 4 minutes. **(You've got this)**

You can use this video as a guide if you like:

<https://www.youtube.com/watch?v=iGGJrqscvtU>



SCAN ME





# Orange Zone

When you're feeling overwhelmed, remind yourself that you are ok, and that you are safe.

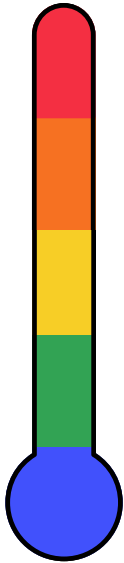
If it's possible and safe to do so, remove yourself from the situation. Set a timer on your phone for 5 minutes, and do the following:

1. Find a space where you can safely lay down on the ground.
2. Place one hand on your chest and the other on your belly.
3. Take 3 deep breaths in through your nose, and out through your mouth.
4. List 5 things that you can see.
5. List 4 things that you can feel. This could be your hands on your belly, your socks on your feet, the floor against your back.
6. List 3 things that you can hear (Can you hear cars? Birds singing? Running water?)
7. List 2 things you can smell.
8. List 1 thing you can taste.

This is called grounding, and it can be very useful when we feel overwhelmed by our environment or an experience that we have had.



# Red Zone



When we're in the **Red Zone**, we can feel:

- Overwhelmed
- Furious
- Abandoned
- Out of control
- Panicked

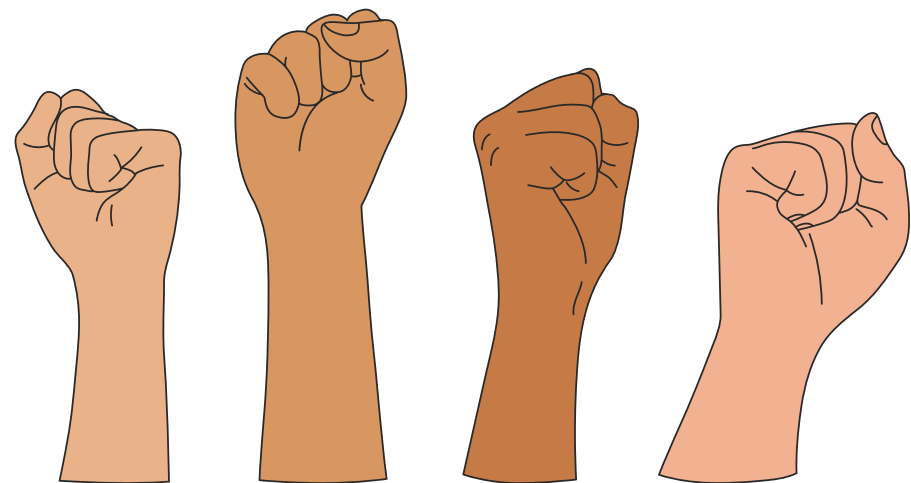
In the Red Zone, our emotions can feel so strong that it can seem like we have no control over them.

# Red Zone

Try this if you are feeling mad:

## Stamping

1. In a safe place, try taking 2-3 big, deep breaths.
2. When you are ready, lift up your right leg, and STAMP your foot on the floor.
3. Then, lift your left leg, and STAMP your left foot on the floor.
4. It may also feel good to clench your hands into tight fists.
5. As you lift and STAMP your foot on the floor, do the same with the opposite hand
6. Try this 5 times on each leg.
7. When you have finished, take 3 more deep breaths.



# Red Zone

Try this when you're feeling angry or furious, if it is safe to do so, remove yourself from the situation and find a space when you can have space.

If you are at home:

1. Take a pillow and throw it as hard as you can against your bed or the floor.
2. You can also take the pillow and ROAR into it as you hold it against your face.

If you are not at home:

1. You can sit in your car and hold a scarf, coat or jumper up against your face and ROAR into it.
2. Or you can go to the toilet or another quiet room, hold a scarf, coat, or jumper up against your face and ROAR into it.

After you have done this a few times, close your eyes and take 3 deep breaths. How are you feeling? Do you feel calmer or do you feel like you need to yell some more? If you do, the repeat this exercise! If you feel calmer, try one of the exercises from the **Yellow**, **Blue** or **Orange** Zones.

