

<b>Red Zone</b> <i>Freeze response (energy saving processes)</i>	
<p><b>Thinking</b>  Dizziness  Feeling unreal, distant or “spaced out”  Changes to vision/ hearing  Disorientation/ confusion  No memory or awareness of actions  Blackout/ unresponsive</p> <p><b>Behaviour</b>  Sleeping a lot  Inactive  Reduced/ slow movement  Difficulty controlling movement</p>	<p><b>Body sensations</b>  Feel numb  Slow breathing  Exhaustion  Muscles rigid/ stiff  Shaking  Collapse/ fall</p> <p><b>Emotions</b>  Feel numb  Low mood  Lack of motivation</p>
<b>Amber Zone</b> <i>Fight/ flight response (energy consuming processes)</i>	
<p><b>Body sensations</b>  Heart rate speeds up  Fast/ shallow breathing  Throat tightens  Muscle tension/ shaking  Butterflies in stomach  Feeling hot  Nausea/ feeling sick  Constipation/ increased bowel movements  Urination/ urinary retention  Change in appetite  Dry mouth  Difficulty sleeping  Digestive problems  Headaches  Pain  Sweating  Immune system becomes weaker/ over-active</p>	<p><b>Thinking</b>  Mental focus narrows  Racing thoughts  Hypervigilance/ increased alertness  Difficulty planning, problem-solving and remembering</p> <p><b>Emotions</b>  Anxiety  Panic  Anger  Difficulty relaxing  Frustration  Feel unsafe/ overwhelmed/ trapped</p> <p><b>Behaviour</b>  Avoidance of: situations, places, activities...  Stick to set routines/ familiar places</p>
<b>Green Zone</b> <i>Rest/ digest</i>	
<p><b>Behaviour</b>  Engage in valued activities  More willing to try new things</p> <p><b>Thinking</b>  Able to learn new information  Aware of the “here and now”  Able to shift focus of attention</p>	<p><b>Emotions</b>  More open and curious  Better able to manage emotions  Able to engage and connect with other people  Can connect and empathise with others</p> <p><b>Body sensations</b>  Breathing rate slows  Muscles relax  Heart rate steady  In control of movements</p>

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