

# Zones of Emotional Regulation

**Blue zone**

Feeling sad, tired,  
sick, or bored

**Green zone**

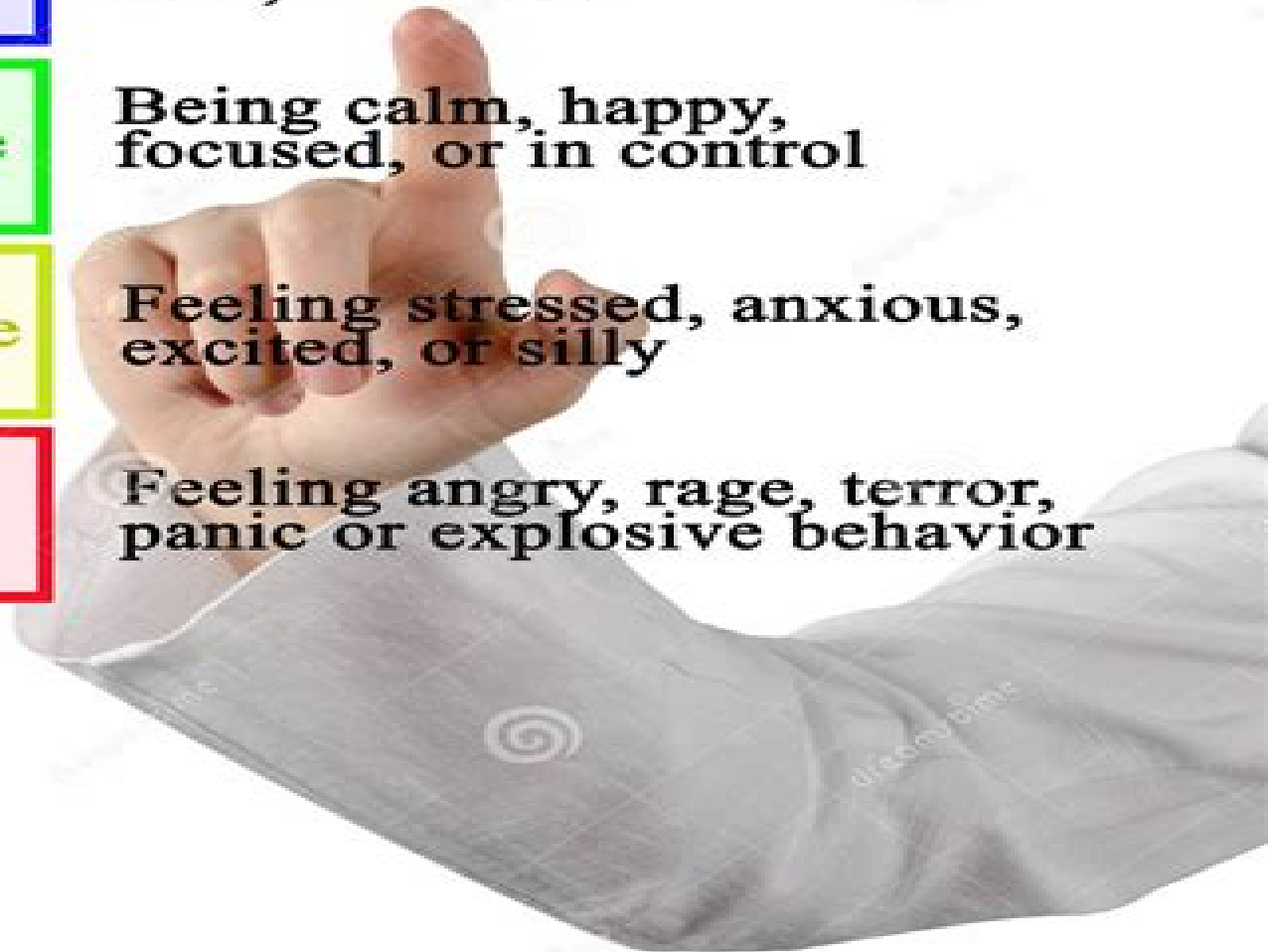
Being calm, happy,  
focused, or in control

**Yellow zone**

Feeling stressed, anxious,  
excited, or silly

**Red zone**

Feeling angry, rage, terror,  
panic or explosive behavior



# Regulation In The States

**Joacim Rocklöv**



## **Regulation In The States:**

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