

Zones of Emotional Regulation

Blue zone

Feeling sad, tired,
sick, or bored

Green zone

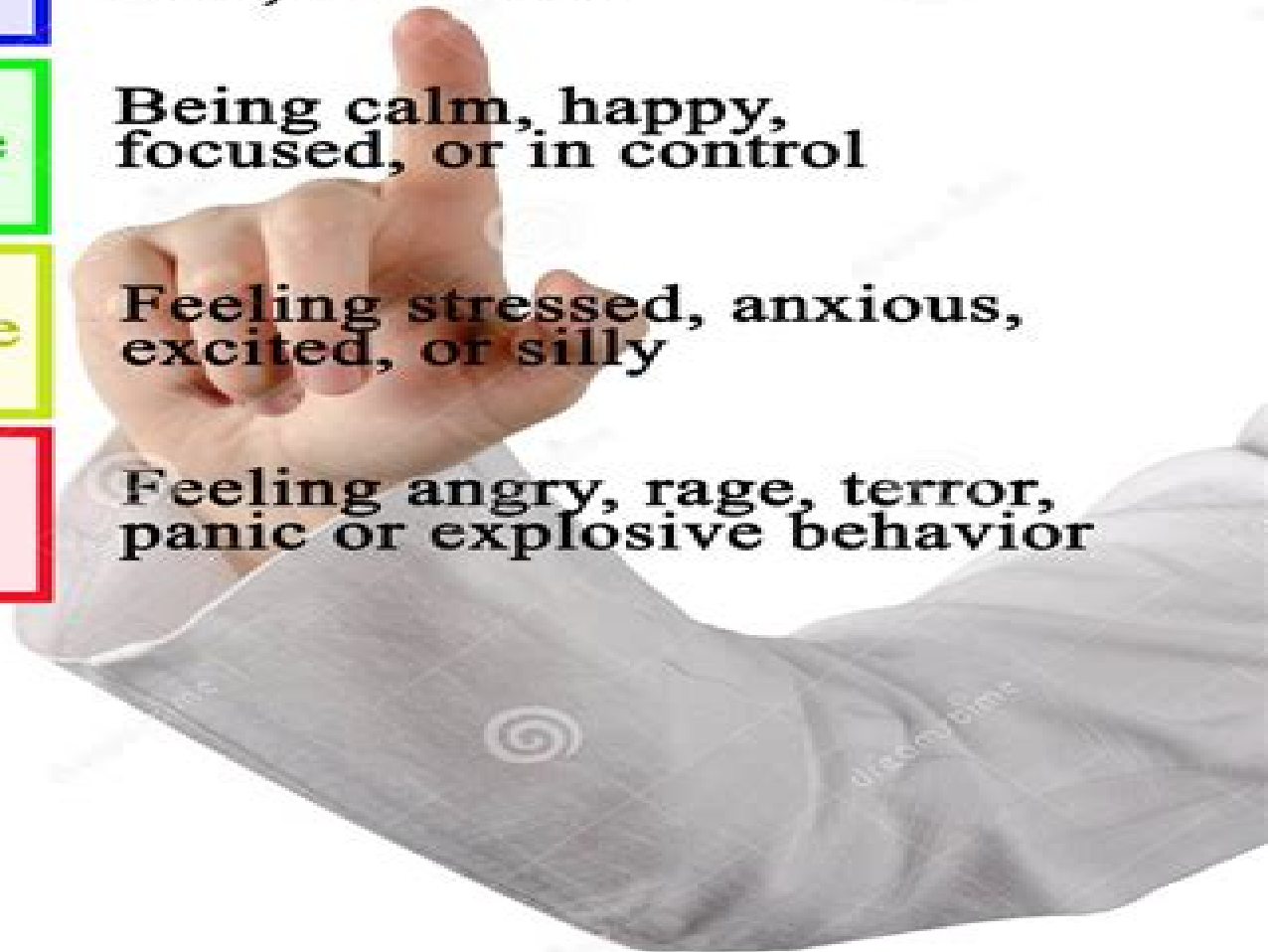
Being calm, happy,
focused, or in control

Yellow zone

Feeling stressed, anxious,
excited, or silly

Red zone

Feeling angry, rage, terror,
panic or explosive behavior



Regulation In The States

M Woodhall



Regulation In The States:

Immerse yourself in heartwarming tales of love and emotion with is touching creation, Experience Loveis Journey in **Regulation In The States** . This emotionally charged ebook, available for download in a PDF format (Download in PDF: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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