



What are the Zones of Regulation?

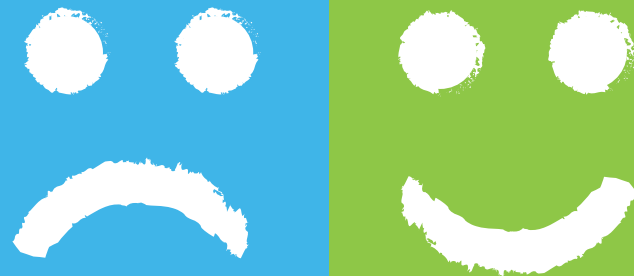
The Zones of Regulation provide an easy way to think and talk about how we feel on the inside and sorts our emotions into four coloured zones.

Regulation is something everyone continually works on whether we are aware of it or not. We all encounter trying circumstances that can test our limits.

What is Regulation?

There are three types of regulation that we experience:

- 1 External Regulation - Finding and maintaining regulation from an outside person.
- 2 Co-Regulation - Finding and maintaining regulation with support from an outside person
- 3 Self-Regulation - Finding and maintaining regulation by themselves



ZONES OF REGULATION



The **BLUE ZONE** describes low states of alertness and down feelings, such as when a person feels sad, tired, sick, hurt, lonely, or bored.

When in the Blue Zone we often need to rest and recharge to meet our goals.

The Zones

The Zones of Regulation organizes our feelings, states of alertness, and energy levels into four colored Zones - **Blue**, **Green**, **Yellow**, and **Red**.

A core belief of The Zones of Regulation is that all the Zones are okay. We routinely experience several of the Zones across a day.

It's important that we acknowledge, accept, and support our feelings.



The **GREEN ZONE** describes a calm, alert state. We may be feeling happy, focused, content, peaceful, or calm in the Green Zone.

In the Green Zone, we might regulate by choosing to eat a healthy snack, exercise, take a break, or pause for a mindful moment.



The **YELLOW ZONE** We may be experiencing stress, frustration, anxiety, excitement, silliness, confusion, nervousness, be overwhelmed, or have the wiggles, when in the Yellow Zone.

In the Yellow Zone we may need to take action to regulate to manage our energy and feelings as they get stronger.

All feelings
are welcome,
all behaviours
are not.

Dr. Aliza
Pressman



The **RED ZONE** describes a state of extremely high energy and intense, very overwhelming feelings.

When in the Red Zone we might need to pause and assess if we need to regulate and gain a sense of control of our strong feelings and high energy.