

What **color** do you feel right now?

**Comfort  
Zone**

**Challenge Zone**

**Stress Zone**





YOLO RESILIENCE NETWORK  
Building ACEs awareness. Building community.

## Types of Stress

**GREEN**

**POSITIVE**

Brief increases in heart rate,  
mild elevations in stress  
hormone levels.

**YELLOW**

**TOLERABLE**

Serious, temporary stress  
responses, buffered by  
supportive relationships.

**RED**

**TOXIC**

Prolonged activation of stress  
response systems in the absence  
of protective relationships.

Source: Center on the Developing Child at Harvard University

## How to Use The Color Wheel

This **color wheel** is meant to be a tool to help open communication about stress levels with youth/students. First and foremost, *think about your own stress level* and if you're in the **red zone** or **yellow** with a high level of discomfort, please take care of yourself first! You'll need to have some strategies that you can implement to help you get to **green** or tolerable **yellow** levels of stress before you can be effective helping others get there!

For a student or youth who seems out of sorts or seems to be struggling, use the **color wheel** illustration on the other side to explain in your own words what the three different stress level are and ask him/her which level fits how they're feeling right now.

**Red is a danger zone** - something has the youth so upset that he or she really cannot focus on anything else, and strategies will need to be found to help the youth get to a more tolerable stress level right away.

**The yellow zone** is a tolerable level of stress, but will still require that the youth receive some support and feel safe.

**The green zone** is a low level of stress and the youth receives support and feels safe.