

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.