

RAINBOW OF EMOTIONS

HYPO-AROUSAL

SIGNS OF STRESS:

- Emotional withdrawal
- Shutting down-disengaging
- Delayed or no response
- Shrinking body language

TAKE A BREAK!



EXTREME DISTRESS:

- Dissociation
- Slowed breathing
- Flat affect

Parasympathetic Response

Zone of Tolerance

HYPER-AROUSAL

SIGNS OF STRESS:

- Emotional elevation
- Difficulty focusing
- Anxiety / Tears
- Anger / Outbursts

TAKE A BREAK!



EXTREME DISTRESS:

- Extreme emotion
- Hyperventilating
- Panic attack

Sympathetic Response