WHEN I'M IN THE HIGH ZONE: REACTIONS IN MY BODY Pt. 1

Sometimes I might feel shaky and full of energy.

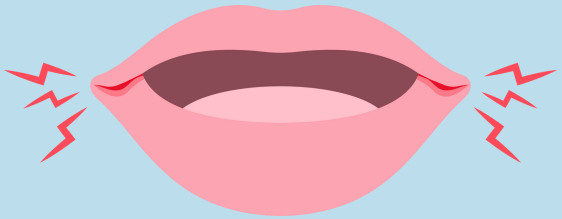
My heart might beat very fast.

I might breathe so fast my chest starts to hurt.

Sometimes my muscles will get tight.

I might feel dizzy or start to get a headache.

There might be a dry feeling in my mouth that makes it hard to swallow.



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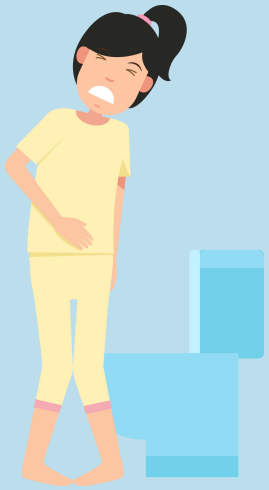
WHEN I'M IN THE HIGH ZONE: REACTIONS IN MY BODY Pt. 2

Sometimes my body may feel like it is going to throw up.

I might need to use the bathroom a lot.



These feelings in my body are clues that I might be high in my resilient or "OK" zone.

When I am high in the zone I can use skills to help get back to the middle of my resilient or "OK" zone.

I can try taking deep breaths, going for a walk, or drinking some water.

I can talk to a person I trust to think of more ways to get my body back into the "OK zone."

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