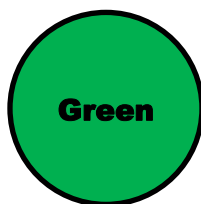




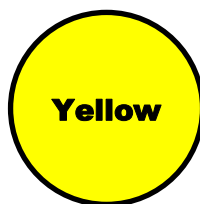
## Types of Stress



**Green**

**POSITIVE**

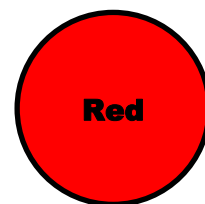
Brief increases in heart rate, mild elevation in stress hormone levels.



**Yellow**

**TOLERABLE**

Serious, temporary stress responses, buffered by supportive relationships



**Red**

**TOXIC**

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

### How to Use the Color Wheel

First recognize your own stress level. For a student who seems out of sorts or is struggling, use the color wheel to explain levels of stress in your own words 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.

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

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