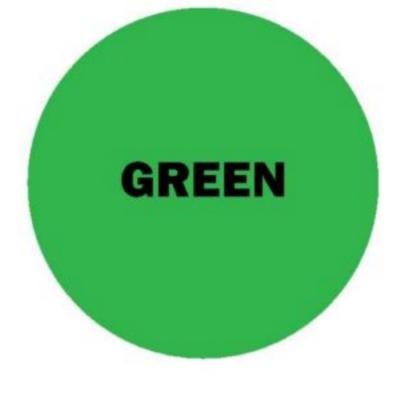
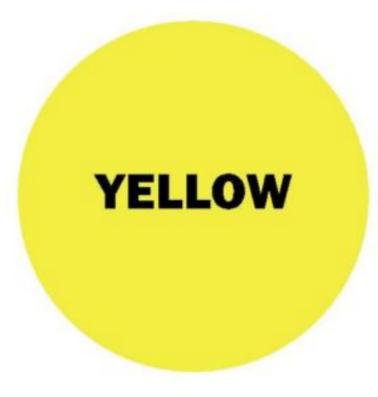


# **Types of Stress**



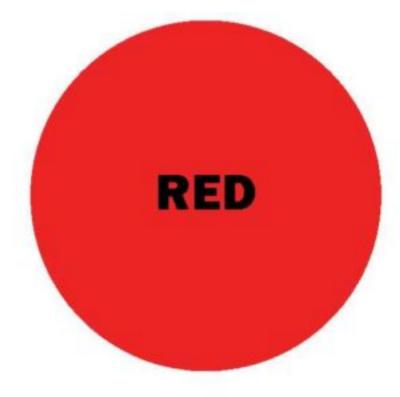
### **POSITIVE**

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



### **TOLERABLE**

Serious, temporary stress responses, buffered by supportive relationships.



#### 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.