**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*

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**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.