

## Conscious Connection Chart

<b>LIFE SITUATION</b>	<b>INTERNAL/ SUBTLE RESPONSES</b> (What this can feel like inside)	<b>EMOTIONS</b> (Unconscious or conscious response) / <b>FEELINGS</b> (Conscious, labeling)	<b>EXTERNAL BEHAVIORS</b> (What this can look like)	<b>STRATEGIES</b> (Unconscious or conscious choices we can make)	<b>POTENTIAL OUTCOME</b>
Red Zone <b>FIGHT OR FLIGHT</b> (Spikes)	Heart rate increases Potential cortisol release Blood flow increases to limbs Heart races or flutters	Frustrated Angry Enraged Worried Anxious Fearful Panicked	Yell/scream Tense up Sweat Clench (jaw, fists) Quick movements Jittery	<i>Unconscious/ conscious choice:</i> Being defensive Blaming Avoidance Running away	Get into fights Vocational insecurity Relationship conflict Isolation
Green Zone <b>SOCIAL EMOTIONAL WELL-BEING</b> (Waves)	Steady heart rate Potential dopamine, serotonin, and/or oxytocin release	Joyous Curious Present Safe Happy Calm Hopeful Peaceful	Smile Laughter Asking questions Focused Relaxed Energetic Moving with purpose	Conscious choice of being _____. (way of being)	Personal or professional growth Healthy relationships Improved student engagement
Blue Zone <b>FREEZE</b> (Collapse, flat)	Heavy limbs Heightened levels of cortisol	Helpless Sad Depressed Discouraged Numb Shut down	Flat affect Exhausted Moving away (physically) Fainting	<i>Unconscious/ conscious choice:</i> Apathy Complacency Doing nothing Indecision	Vocational overwhelmingness Mental/emotional fatigue Isolation Compromised immunity

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