

Widening the Zone of Resilience (ZOR)

Overwhelm
Anger, Aggression
OCD, Racing Thoughts
Addictions
Panic

Trigger (Heroic*) State: Fight/Flight
Stuck on High Zone
 Hyper-arousal: Need to Downregulate

Anxiety
Reactivity, Impulsivity
Rigidity, Hypervigilance
Feeling Unsafe
Chaotic

Identify the signs you are outside the ZOR

- **Outside window is physiological not cognitive:** can't think way back
- **Know physical signs** associated with your trigger state (shortness of breath, tight chest, eye twitching, headache, etc.) so that you can self-regulate
- **Know emotions** associated with your trigger state (agitation, fear, doubt, racing mind, etc.) and turn toward strong emotions with kindness and compassion, allowing emotions to complete the cycle and release

Zone of Resilience

Present Moment Awareness
 Mindful Leadership



Resilience: Ability to Recover from Adversity
 Sense of Well-Being: Emotionally Regulated and Balanced State
 Present, Grounded, and Compassionate
 Confident and Decisive
 Responsive versus Reactive

Tips to self-regulate to get in or stay in ZOR

- **Breathe:** Take ten deep breaths or straw breathe
- **Meditate:** Bring attention to anchor like breath or sound
- **Get present in the body:** Feel your feet on the ground
- **Rest.** Get a good night's sleep (emotional 1st aid)
- **Connect.** Find people who make you feel good
- **Other activities** include exercising & body movement, journaling, being in nature, tending to flowers & plants, painting, cooking, baking, star gazing, laughing, & taking breaks from technology & news. **What else works for you?**

Dissociation
Memory Loss
Flat Emotions
Fatigue, No Energy
Passive

Trigger (Heroic*) State: Freeze
Stuck on Low Zone
 Hypo-arousal: Need to Upregulate

Numbness
Not Present, Not There
Shut Down, Can't Talk
Isolation, Disconnection