

# Identify Your Stress Zone

## Low Stress

You may notice yourself in the low stress zone if you feel calm, have a steady heartbeat, are aware of your surroundings, and feel supported and in-control.

## Moderate Stress

You may notice yourself in the moderate stress zone if you feel nervous, have an increased heartbeat, increased sweating, are aware of your surroundings, and are able to identify any needed supports.

## High Stress

You may notice yourself in the high stress zone if you feel panic or overwhelm, have an increased heartbeat, increased sweating, you are unable to think straight, you are unaware of your surroundings, and you are unable to problem solve.

