

WHEN I'M IN THE LOW ZONE

Sometimes I may feel tired, sad or depressed.



Even when I sleep and take naps I may still feel tired.



I may not have much energy.



I might want to stay away from everybody.



I might not even want to be around people who care about me.



I might feel like I don't want to do anything at all.



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I might feel stuck thinking about things that upset me.



These are all signs my body is low in the resilient or "OK" zone.



When I am low in the zone I can use skills to help get back to the middle.



I can spend time with a pet or visit a place I like.



I can clap along and dance to my favorite music.



I can talk to a person I trust to think of more ways to get my body back to the middle of my resilient or "OK" zone.



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