

Practice of the week: Mindfulness + Self-Observation + Zone Tracking

- What**
 - **Mindfulness + Self-Observation + Zone tracking:** what zone* am I in?
- When**
 - **Daily, whenever works**
 - **Choose a daily, existing activity**
for example, brushing your teeth, washing dishes, eating lunch, taking a walk, etc
- How**
 - **Step 1. Begin the activity.** Bring your focus fully to the act of doing the activity while you are doing it. Your mind will wander off into thinking. Simply say to yourself “I’m thinking” without judgement and bring your focus back to what you are doing.
 - **Step 2. Observe.** What zone does it feel like I’m in?
 - **Step 3. Get Present.** Take 10 conscious breaths and feel our feet.
 - **Step 4. Support ourselves where we are.** What’s one thing I could do to support myself in the zone I’m in now?

| Zone* | Support |
|---|--|
| <ul style="list-style-type: none"> • Blue: low state of alertness (sad, tired, sick, bored). | <ul style="list-style-type: none"> • If we are in the low state of alertness, something that is activating can be supportive (e.g. enlivening music, stretching) |
| <ul style="list-style-type: none"> • Green: regulated state of alertness - the ideal state (happy, focused, calm, content) | <ul style="list-style-type: none"> • This is our just right zone. <i>This is the time to take on something challenging.</i> |
| <ul style="list-style-type: none"> • Yellow: heightened state of alertness (stress, frustration, anxiety, excitement, nervousness). | <ul style="list-style-type: none"> • When we are in an elevated state of awareness, calming activities can be supportive, (e.g. conscious deep breathing, feeling feet on the ground, yoga poses) |
| <ul style="list-style-type: none"> • Red Zone: extremely heightened states of alertness (anger, rage, explosive behavior, panic) | <ul style="list-style-type: none"> • When we are in the highest state of awareness, taking a break to regulate ourselves may be supportive (e.g. take some personal space, conscious breathing, weight bearing exercises) |

Duration • 5 minutes

The Zones –

The zones of regulation* is a conceptual framework used to teach self-regulation that categorizes states of alertness and emotions into four colored zones.

*Curriculum by Leah Kupers

***innerforce:** our deepest, most authentic self and the source of our vitality.*

*The most important connection we make is the one we cultivate with our own **innerforce**. Take time to connect with yourself every day.*

