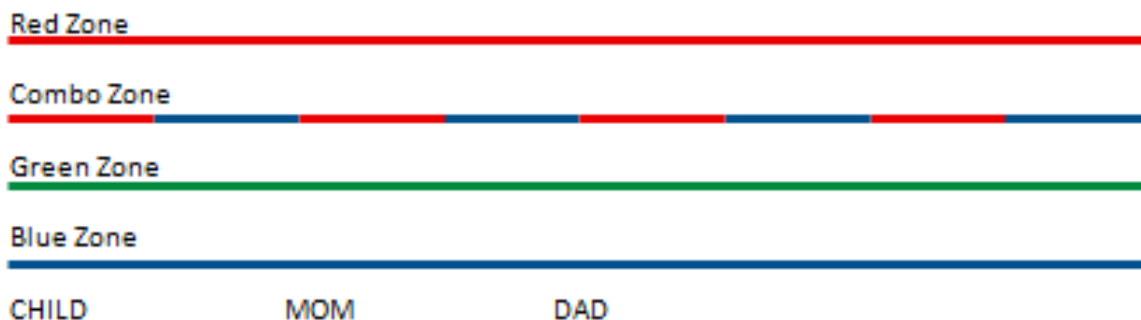


Awake States with Stress Responses

GREEN ZONE Just Right/Alert	Journal Notes [date, time began, time ended, levels/quality of engagement]
RED ZONE Too Fast/Gas Pedal	Journal Notes (date, time began, time ended, trigger(s), tools for recovery)
BLUE ZONE Too Slow/Brake	Journal Notes (date, time began, time ended, trigger(s), tools for recovery)
COMBO ZONE Fast & Jerky/Gas & Brake	Journal Notes (date, time began, time ended, trigger(s), tools for recovery)

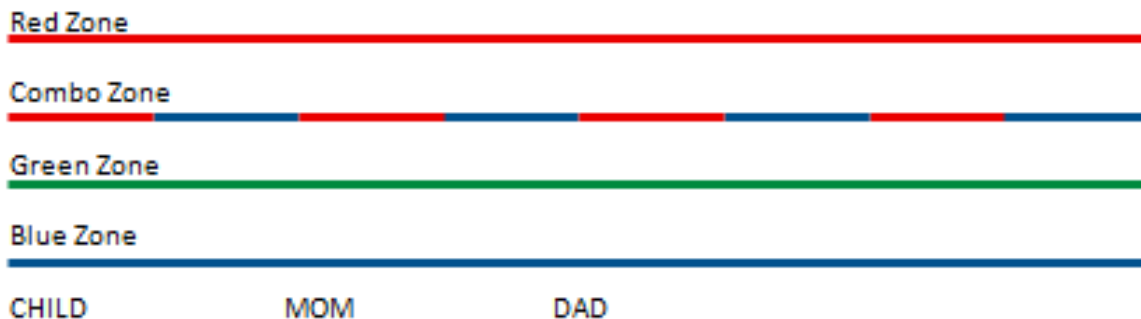
Awake States with Stress Responses

My Family Growing Up



C. Lillas, Adapted from Lillas & Turnbull, 2009

My Current Family



C. Lillas, Adapted from Lillas & Turnbull, 2009