

## TRANSCRIPT OF MY ZONES OF STRESS

Hello everyone. In this video I like to take you through my signs and symptoms of stress. What is stress? Stress is our body's natural reaction to changes or challenges in our environment. It can manifest itself through physical, emotional or behavior responses. There are three zones of stress. Let us see my three zones of stress.

### The red zone

Also, the zone of acute stress. Physical signs in this zone include skipping meals or eating very little. There's numb pain in the legs because the body feels tense and not relaxed. Emotionally I tend to avoid calls from my family. I start overthinking things that didn't work and became self-critical. I'm not able to hide my emotions. So, I avoid company. Additionally, I don't like to converse much because I say things I feel guilty about. I'm not able to focus on task and it takes me much longer to complete them. Arguments with spouse over trivial matters become common.

### The yellow zone.

This is the zone where we have stress, but it is manageable. Physical signs include fitful sleep at night. I wake up two or three times during the night. Feel tired and sluggish after short walks. I'm constantly thinking about bad experiences and incomplete tasks. I get frustrated with little things. I don't feel like listening to music which I generally enjoy. I become less responsive and don't initiate conversations. I try to keep myself occupied with chores to avoid interactions.

### The green zone.

This is the zone of no stress. Physically here, I'm energetic and able to do a lot of chores by myself. I get 8 to 10 hours of uninterrupted sleep, and I make sure to go for long walks with my dog. Emotionally, I'm relaxed, and I think only of positive things. I love listening to music whenever I'm working. I'm usually quite talkative with people I'm comfortable with and joke around a lot. I like to draw and paint with my son.

### What do my signs tell me about my ability to cope stress in the red zone?

When a person is in the red zone, it means that the stress they are going through is intense and often unmanageable, which affects personal and professional life. When we put ourselves out in the field to work with signs and symptoms of dealing with immense stress, it makes us less empathetic, more disconnected with our students. My emotional and physical symptoms tell me that my body is going through immense stress which can result in poor interpersonal relations and errors at work. Identifying our own signs help us to know our limitations and start intervention strategies accordingly. Inability to engage in self-care is one of the contributing factors of compassion fatigue. Compassion fatigue is when we start to lose traits like patience and empathy that keep us connected to others in our role as caregivers. My signs in the red zone tell me that I need better strategies to return to a state of regulated behavior.

What does this tell me about my ability to manage stress in the yellow zone? As someone working as an educator and constantly around students and staff, it is important to be relaxed and in control of our mental being so we can be empathetic and helpful towards others. When we encounter stresses in life, it manifests through signs and symptoms in our physical and mental being. My signs tell me that I'm losing flexibility and my ability to keep things under control. Not paying heat to a body signs and symptoms in the yellow zone can eventually lead to burnout which results in a depleted ability to cope with work demands, inefficacy and feeling powerless to achieve goals. For me, it would be writing journal to focus on my positives, doing stretching and breathing exercises, and watching something light-hearted with my family.

What do my signs tell me about in the green zone? We learned in class that well-being is that positive sense of self we feel when our physical, emotional, and social needs are met. When I'm physically, emotionally, and mentally at my best is when I can be in control of my emotions and help others. All this puts me in the right frame of mind and body to carry out my work effectively and efficiently. These indicate that I have effective strategies that I can build upon to regulate myself when I see any changes due to stresses.

In the end, I would like to say that well-being depends not only on the absence of problems but also on factors that contribute to healthy growth and development. Thank you so much for watching.