

ZONES OF EMOTIONS

UNDERSTANDING THE NEUROSCIENCE
OF ADHD EMOTIONS:
TOOLS FOR SELF REGULATION



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children can not learn when in an escalated state



SO IT HELPS TO KNOW
WHEN THEY ARE IN IT.

When they are in a learning state (green zone), look at this book with them. Use these tools to give your child a visual of what's happening before and during an escalated episode (or tantrum).

These tools are adapted from the great work at www.zonesofregulation.com

ZONES OF EMOTIONS



- freeze
- low energy
- needs upregulation
- depressed
- unmotivated
- uncharacteristically quiet
- shutting down

- learning
- respectful
- kind
- calm body
- calm mind
- able to focus

- cortisol kicks in
- excited/angry
- hearing impacted
- metabolic processes shutting down
- limbic system gaining control

- fight, flight, freeze
- regrettable actions
- stuck on idea
- uncontrolled
- erratic transition
- elongated time to calm

Brain science & research...



Emotions are bursts of energy within us and ADHD makes it harder to manage that energy.

Dr. Daniel Siegel coined the phrase, "name it to tame it". Noticing and naming our emotions helps create some distance between the emotion and the intense feelings that accompany it. David Rock states, "when you experience significant internal tension and anxiety, you can reduce stress by up to 50% by simply noticing and naming your state."

"Name It to Tame It" is a technique that involves noticing and labeling emotions as they're happening. Identifying an intense emotion ("naming") has the effect of reducing the stress and anxiety ("taming") in the brain and the body that that emotion is causing.

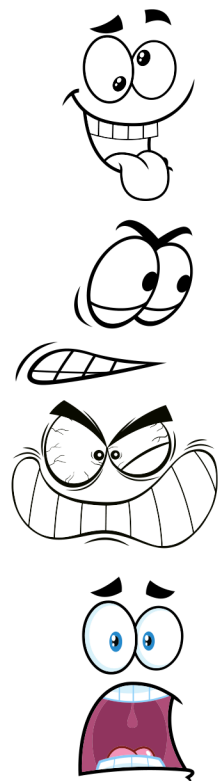
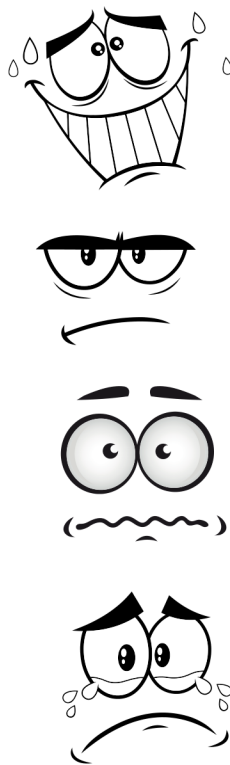
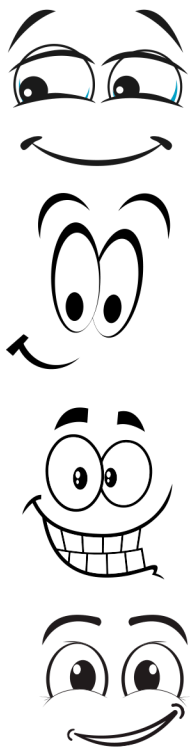
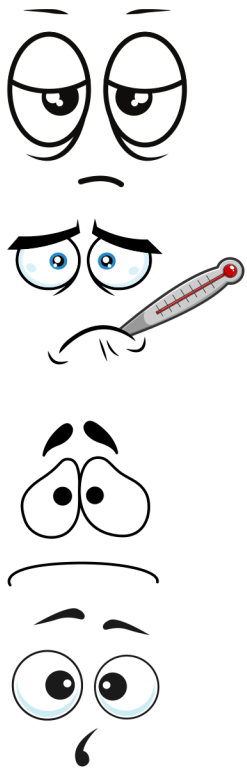
In addition to in-the-moment relief, this practice also strengthens our capacity over time to be with big emotions when they arise, without getting swept up in them.

Until they can do this for themselves, we parents help co-regulate by naming the feeling for them. We stay calm and with compassion say, "It looks like you are feeling very angry/sad/hurt/frustrated right now. I am here to help you."

sleep drowsy hypoaroused calm focus & alert.

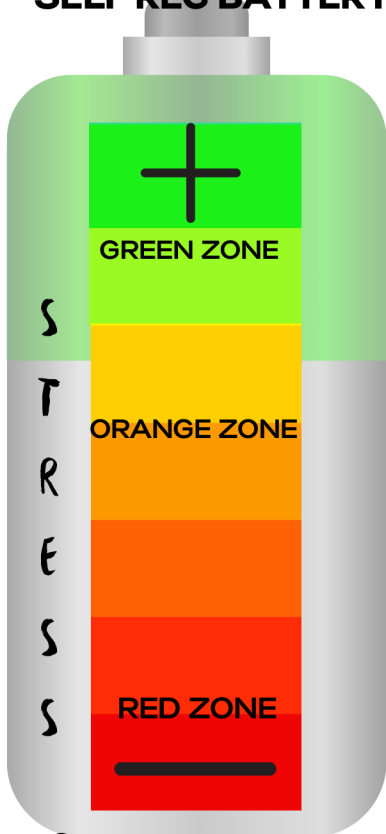
hyper arousal

flooded



Use these tools when they are not in an escalated state to help them understand what is happening in their body in each state of emotion.

SELF REG BATTERY



FEELING

calm
focused
engaged
happy
connected

annoyed,
frustrated
excited
energized or tired
hungry

angry
very frustrated
hyperactive
excessive energy
overly excited
exhausted

ACTING

in control of body
and space
communicative
aware of others
kind words
collaborative

pounding on objects
infringing other's body space
making loud noises
demanding
disruptive
rough handling

dangerously impulsive
crying
hitting
throwing/breaking
flailing
mean words

THINKING

I am in control
I can handle this
I am enjoying this

FEELING

calm
focused
engaged
happy
connected

ACTING

in control of body
and space
communicative
aware of others
kind words
collaborative

why can't he listen
i don't want to go through
this again

annoyed,
frustrated
excited
energized or tired
hungry

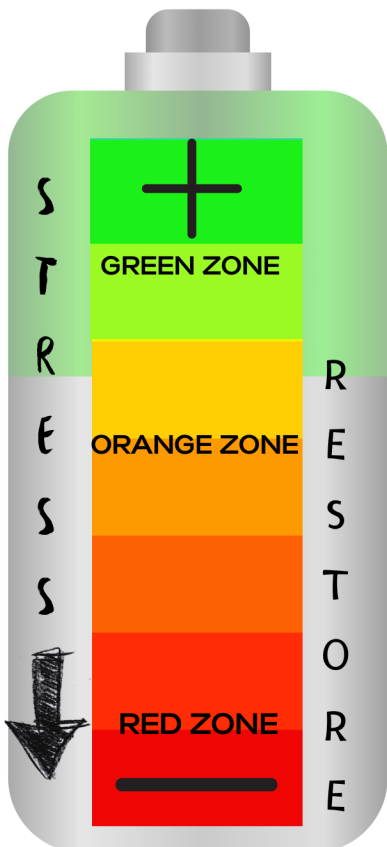
pounding on objects
infringing other's body space
making loud noises
demanding
disruptive
rough handling

blame?
it's their fault
I can't handle this
no one is listening to me
I want control

angry
very frustrated
hyperactive
excessive energy
overly excited
exhausted
out of control

dangerously impulsive
crying
hitting
throwing/breaking
flailing
mean words
no accountability

Use this tool with your child to build their self awareness



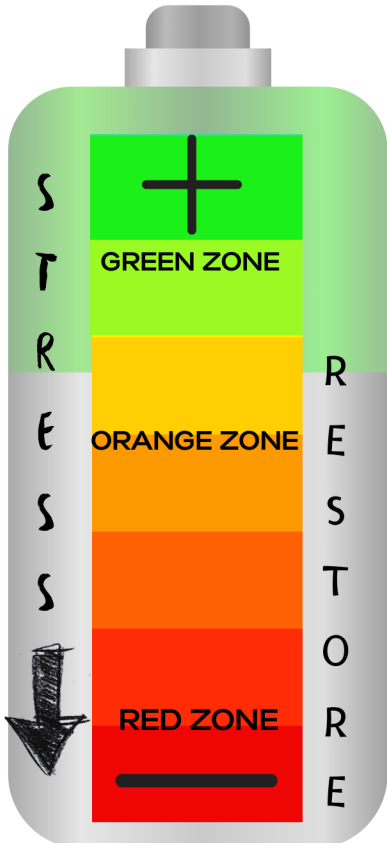
KNOW YOUR ZONES

what activities put you in this zone?

1. _____
2. _____
3. _____
4. _____

1. _____
2. _____
3. _____
4. _____

1. _____
2. _____
3. _____
4. _____



STRESS MOVING THROUGH ZONES

watching light movie/ educational videos
 massage or "sandwich"
 taking a bath
 dim lights and reduce sounds
 exercise/lifting

watching shows with high activity
 playing high energy games
 unpreferred activities
 slight discomfort
 food (opioid release - dopamine craving)
 Hidden Stressors: biological, cognitive, emotional, social, prosocial

high energy video games
 feeling pushed
 feeling unsafe
 extreme discomfort
 flooding
 fight or flight

Fill this out with your child to have a plan for when they are starting to feel big emotions

RESTORE BEFORE MELTDOWN

what TRIGGERS put you in this zone?

1. _____

2. _____

3. _____

4. _____

1. _____

2. _____

3. _____

4. _____

what can help you move through this zone?

1. _____

2. _____

3. _____

4. _____

1. _____

2. _____

3. _____

4. _____

Before you can help your child,
you have to help yourself stay calm!
Getting angry will only make the situation worse!

THE POWER OF THE PAUSE

Get Present; try not to go into past or future

Be Quiet; yelling will only escalate the situation

Let Go; of judgments and expectations

Breathe ;practice meditation

Repeat Mantra ;"he does not know what to do, I need to guide"

S.T.O.P. ; Shhh. Think like the child. Observe. Problem solve.

Walk Away; it's ok to walk away to calm down

Practice when you aren't in the heat of a moment.

Get Help; have a partner who can help calm you and the situation

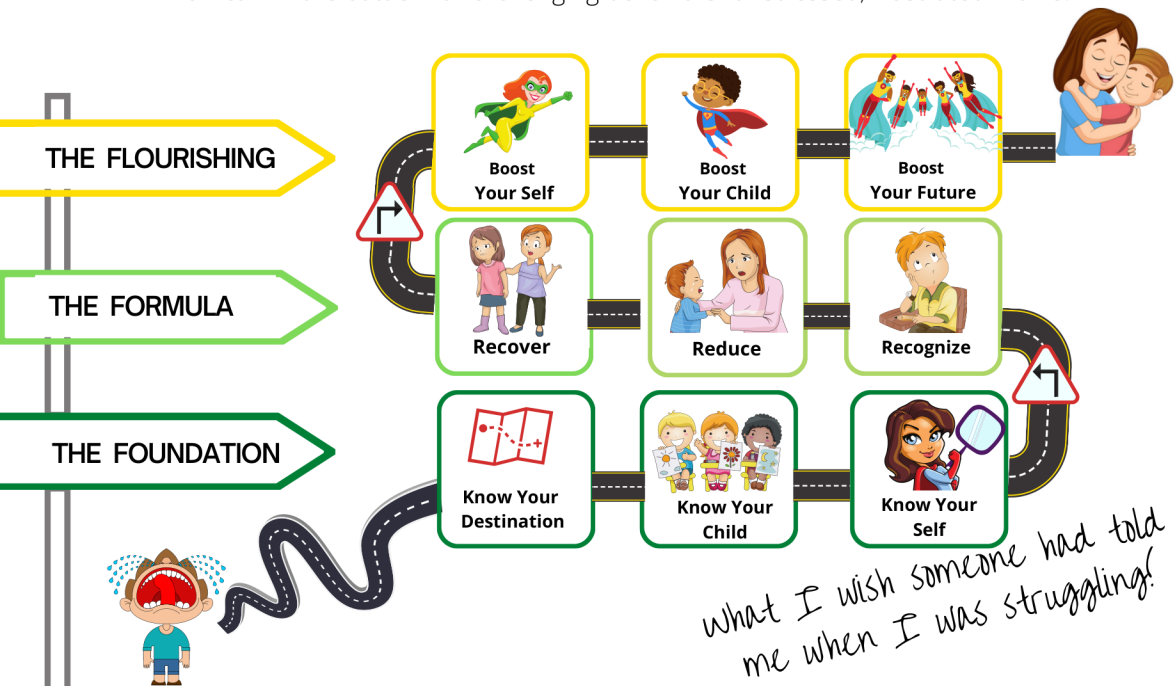
PAUSE
awareness

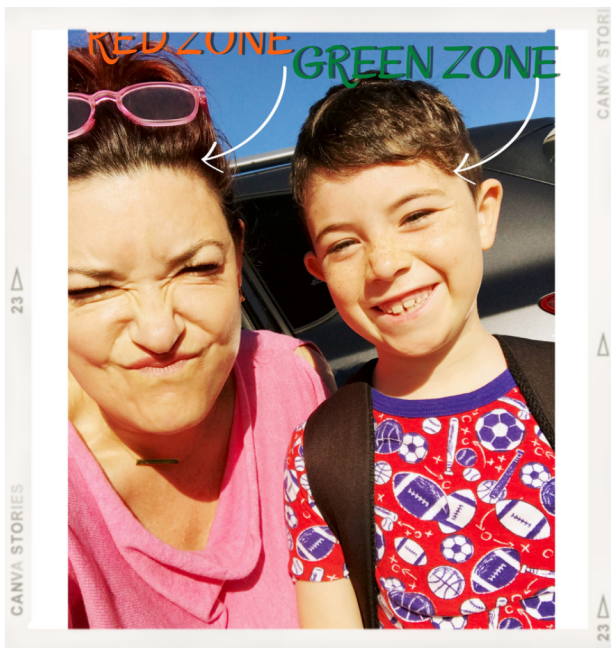
All of these tools are part of a **FULL 9 step roadmap** that will completely change your life from frustration to flourishing! To learn more go to:
<https://www.happierbytheminute.com>

PARENTING A.D.H.D. ROADMAP

The Key to ADHD:

How to win the battle with challenging behaviors for stressed, frustrated moms.





For more information, tools and support come
visit us at
HappierByTheMinute.com



HappierByTheMinute.com



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