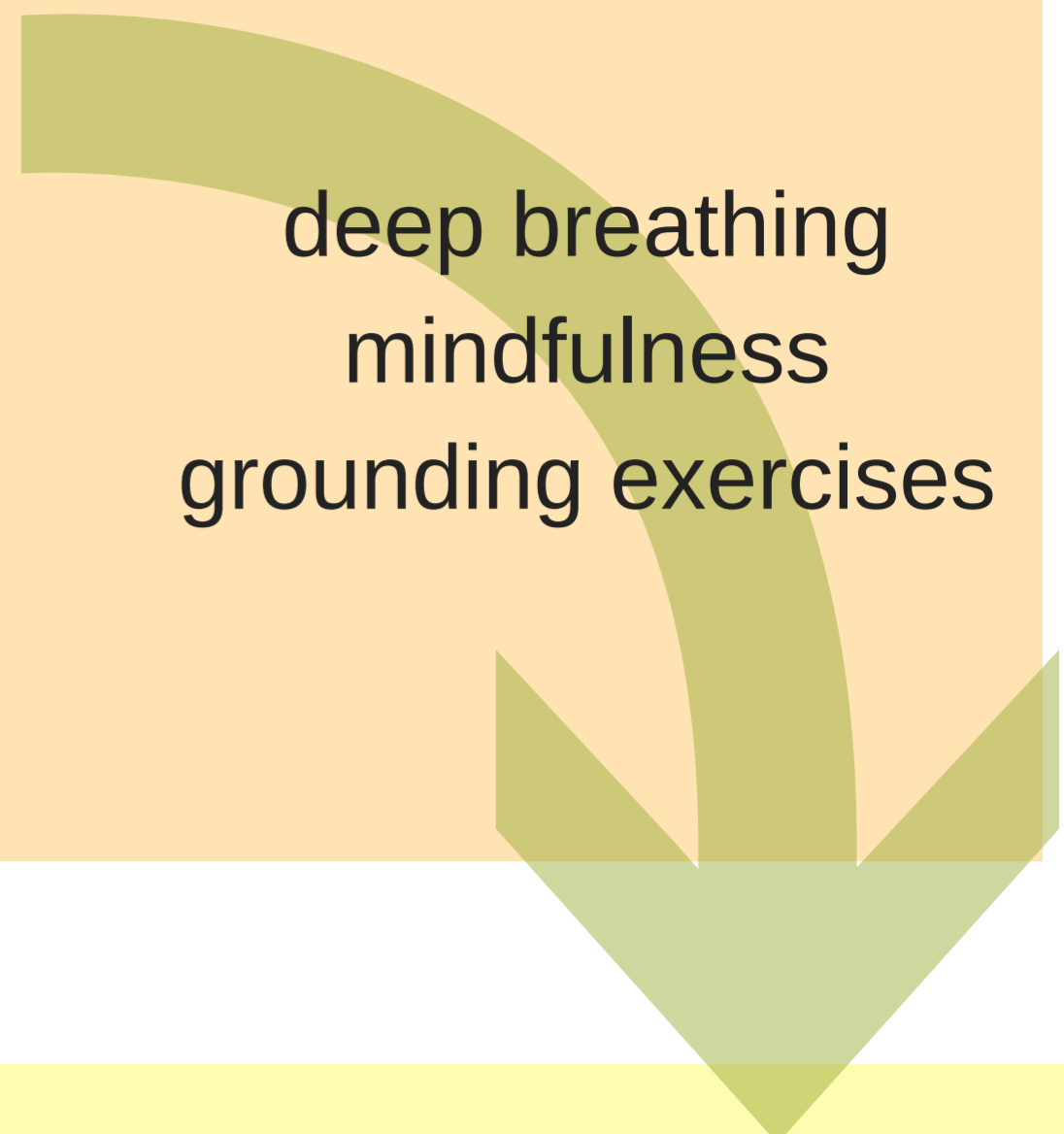


emotional distress
can't think clearly
overreact
unproductive problem solving

deep breathing
mindfulness
grounding exercises



Can't calm down

window of tolerance

optimal problem solving
alert
engaged
accessing both emotion and reasoning

Shutting down



depressed
lethargic
unmotivated
numb

mindfulness
physical exercise
deep breathing

