

In our last article, we were talking about the **Red Zone and what happens** when we get into this psychological Red Zone. Stress levels of a seven out of ten or higher.

Today, what I want to talk about are what I call **Red Flags**. These are indicators that you or someone else are in the Red Zone. And when we're in the Red Zone, we want to interact with people differently and then when they're not in the Red Zone. And when we ourselves are in the Red Zone, we want to make sure we take steps immediately to get out of the Red Zone.

So what are these Red Flags? Well, there are three of them.

One is unwanted emotions. Emotions you don't want. Overwhelming sadness, anger, irritability, fear, guilt, shame, helplessness, hopelessness, worthlessness. Any of those emotions that are high intensity, that's a Red Flag, you may be in the Red Zone.

Second one are physical symptoms. Some people get headaches or backaches or stomach aches. I remember when I was working on my dissertation, I walked by a mirror and this is how I looked. My ears and my shoulders have become one because for me, my Red Zone-ness goes into my neck. So being aware of your body, and what your body is telling you, maybe indicators that you're in that Red Zone.

Third is engaging in behaviors you don't want to do. So that could mean being more irritable with others, right? It could also be not doing things that are helpful. Like, procrastination is often a sign of being in the Red Zone.

It's important that you're aware of when you are in the Red Zone. It's also important that you're aware when your child is in the Red Zone, because when they are in the Red Zone, you want to interact with them in a different way.

Remember, our brain processes information differently when we're in the Green Zone versus the Red Zone. So if your teen or child is in the Red Zone, you want to make sure you're interacting with them in a different way than you would if they were just mouthing off to you when they're not in the Red Zone. Or when they were procrastinating when they're not in the Red Zone. Or when they're having a stomach ache when they're not in the Red Zone.

Start to be aware of what your Red Flags are and what the Red Flags are of the people around you so that you know when they are in the Red Zone. And in our next article, we'll look at what to do when you get in the Red Zone to get out as soon as possible.