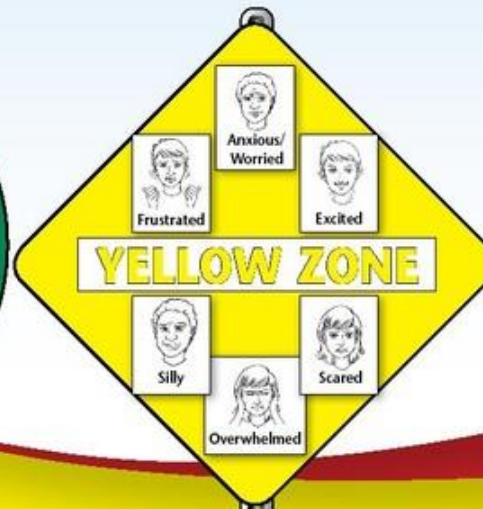
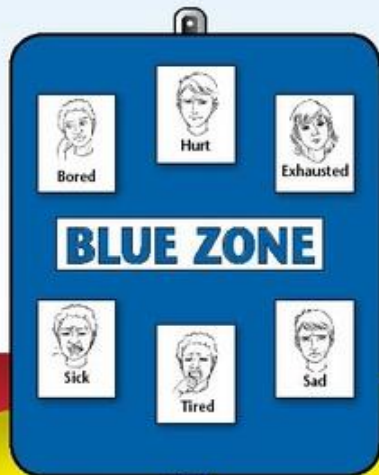


# THE ZONES OF REGULATION<sup>®</sup>



**Blue Zone Tools**

Stretch

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**Green Zone Tools**

Drink water

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**Yellow Zone Tools**

Deep breaths

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**Red Zone Tools**

Take a break

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