

# MY DIFFERENT ENGINES

We can think of our body like a car's engine. Most of the time, our bodies run easily and stay at a "just right" speed. We can steer our car smoothly and handle obstacles in our way. We readjust our body's engine without much thought in order to feel calm and in control. During the day it is natural and normal for us to have challenges and events causing us to experience different feelings. Sometimes we are excited, other times we get mad, and we can also become sad.

It is helpful to think of our feelings as colors within our engine's "speed." When we are running in the GREEN or with a "just right" engine speed. Our body is feeling relaxed. We are feeling calm, focused, and in control.

Our body can also run slow or low too. We may feel sad or sick. This is when we are running with a BLUE engine speed.

Sometimes, however, our body can run fast or high. This happens when we are angry, frustrated, or upset. This is when our engine is running with a RED engine speed.

