

WINDOW OF TOLERANCE

The window of tolerance is a term used to describe the zone of arousal in which an individual is able to function most effectively. When in this zone, the person is typically able to readily receive, process, feel regulated, calm and able to learn to the best of their abilities. When there is a trigger, making them feel stressed, worried or scared, they are pushed outside of this window.

HYPERAROUSAL

Feeling anxious, angry or out of control
Unfamiliar or threatening feelings feel overwhelming
Wanting to run away or fight

DYSREGULATION

Feeling frustrated and agitated
You may feel anxious, revved up or angry
You don't feel out of control, but also don't feel comfortable

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STRESS OR TRAUMA SHRINKS YOUR WINDOW OF TOLERANCE

This means it will be harder for you to stay calm and focused



WINDOW OF TOLERANCE



You feel just right and able to cope with whatever life throws at you. You feel calm, alert and in control.

↑
YOU CAN EXPAND YOUR WINDOW OF TOLERANCE

Practice mindfulness and other exercises, as well as seeking help



DYSREGULATION

You start feeling like shutting down, maybe lose track of time
Feeling overwhelmed, start to feel sluggish
You don't feel out of control, but you also don't feel comfortable

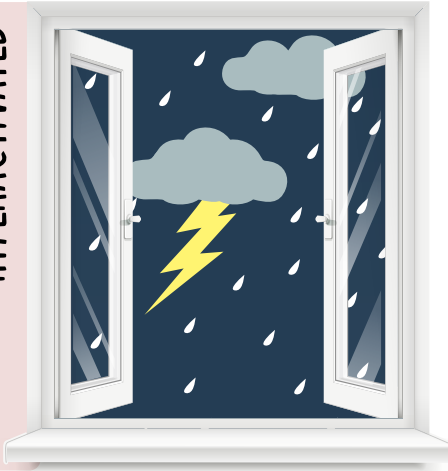
HYPOAROUSAL

You feel numb and zoned out emotionally and physically
Feelings of exhaustion, depression, decreased responsiveness
You may experience feelings of your body shutting down or freezing

MY WINDOW OF TOLERANCE

We function best when we are within our Window of Tolerance. However, sometimes we can slip out of this window. We can learn to be aware of our feelings when we're hyperactivated or hypoactivated, in order to bring ourselves back to our Window of Tolerance.

HYPERACTIVATED



HOW DO I FEEL?

WHAT CAN HELP?

WINDOW OF TOLERANCE



HYPOACTIVATED



MY WINDOW OF TOLERANCE



HYPERACTIVATED (HYPERAROUSAL)

Circle (or add) any of the below signs:

- ANGER INTENSE ANXIETY IMPULSITIVITY FEELING OUT OF CONTROL
- EMOTIONAL OUTBURSTS STRUGGLING TO CONCENTRATE LASHING OUT
- FEELING OUT OF CONTROL SWEATING STRUGGLING TO SLEEP
- IMPULSE TO RUN AWAY IMPULSE TO FIGHT OR ARGUE AGITATED

My window closes when... (ex: hungry, sleepy, reminded of painful memories...) _____

When I am hyperaroused / hyperactivated I can...

- PRACTICE SOME MINDFULNESS BREATHING EXERCISES DO SOME HEAVY WORK (PUSHUPS, LIFTING...)
- EXERCISE (RUNNING, HIIT WORKOUTS, ETC.) PLAY A BALL GAME CLEAN THE HOUSE
- SHAKE OR STOMP OUT EXCESS ENERGY PRACTICE POSITIVE SELF-TALK LISTEN TO MUSIC
- SQUEEZE A STRESS BALL USE SOME ESSENTIAL OILS (LAVENDER, CHAMOMILE...)



WINDOW OF TOLERANCE

I am in my window of tolerance when... (ex: connecting with people, concentrating...)

MY WINDOW OF TOLERANCE



HYPOACTIVATED (HYPOAROUSSED)

Circle (or add) any of the below signs:

- FEELING FROZEN
- MEMORY LOSS
- FEELING NUMB
- SPACED OUT
- NO DISPLAY OF EMOTIONS
- DECREASED REACTIONS
- SUBSTANCE ABUSE
- SHAME
- DEPRESSION
- LOW LEVELS OF ENERGY
- CAN'T CONCENTRATE
- BINGE EATING
- STRUGGLE TO KEEP CONVERSATIONS
- SHUT DOWN

My window closes when I am (ex. lonely, in physical pain, upset...)... _____

When I am hypoaroused / hypoactivated I can...

- SMELL ESSENTIAL OILS
- PRACTICE MEDITATION
- DRINK A HERBAL TEA
- PAIN
- EXERCISE
- GO OUT FOR A WALK IN NATURE
- USE A HEAVY WEIGHT BLANKET
- DO SOME STRETCHING
- PRACTICE YOGA
- PRACTICE SOME MINDFULNESS BREATHING EXERCISES
- LISTEN TO MUSIC
- PRACTICE SOME POSITIVE-SELF TALK
- DO AN ACTIVITY I ENJOY
- TAKE A COLD SHOWER
