



# WINDOW OF TOLERANCE

Gaining a working understanding of the Window of Tolerance is the single most important thing that will help you effectively manage your stress and improve your relationships. Learning to recognize when you are outside your window of tolerance and utilizing resources to help your nervous system return to the green zone is a key component to your emotional health.

<p>Sympathetic System is Activated</p> <ul style="list-style-type: none"><li>Feeling Overwhelmed</li><li>Can't Think Clearly</li><li>Rigid Or Chaotic Thinking</li><li>Anxious / Panic</li><li>Emotional Reactivity</li><li>Stress Patterns Emerge</li><li>No New Learning Can Take Place</li></ul>	<p><b>Hyper-Arousal</b> <b>Red Zone</b> <b>Too Much Arousal</b></p> 
<p>Yellow Zone (mild symptoms from list above)</p>	
<p>Parasympathetic System is Activated</p> <ul style="list-style-type: none"><li>Experience a Full Range of Emotions But with a Sense of Control and Options</li><li>State of Mind is Calm, Alert, Flexible, Adaptable</li><li>Able to Self Regulate and Connect with Others</li><li>New Learning Can Take Place</li></ul>	<p><b>Window of Tolerance</b> <b>Green Zone</b> <b>Optimal Level of Functioning</b></p> 
<p>Yellow Zone (mild symptoms from list below)</p>	
<ul style="list-style-type: none"><li>Poor Contact with Others</li><li>Isolation / Withdrawal from Others</li><li>Numbing of Emotions</li><li>Limited Awareness of Sensation</li><li>Hard Time Tracking Conversation</li><li>No New Learning Can Take Place</li></ul>	<p><b>Hypo-Arousal</b> <b>Blue Zone</b> <b>Too Little Arousal</b></p> 