



WINDOW OF TOLERANCE

Each of us has a specific threshold for stress and trauma; this threshold can be explained as our Window of Tolerance. The wider your window, the greater your tolerance for stressful events and demanding situations. The narrower your window, the lower your tolerance for stressful situations and hardship. The width of your window is not fixed, though, and it's been shown that persistent stress and trauma shrink your window while safe connection and healing widen your window of tolerance.

SYMPATHETIC SYSTEM ACTIVATED: STATE OF HYPERAROUSAL

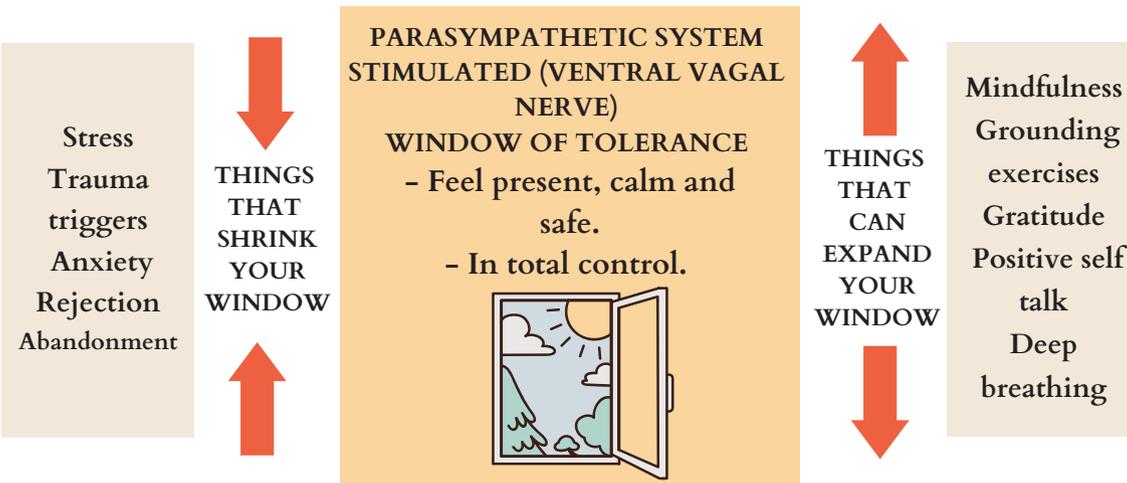
- Feelings of extreme anxiousness with possible panic attacks.
- Feel overwhelmed and out of control.
- Want to fight or run away.



DYSREGULATION

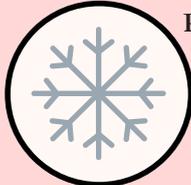


- Feelings of frustration and agitation increase.
- Uncomfortable feelings start to increase but still in control.



DYSREGULATION

- Getting close to the stage of shutting down.
- Uncomfortable feelings start to increase but still in control.

PARASYMPATHETIC SYSTEM ACTIVATED (DORSAL VAGAL NERVE): STATE OF HYPOAROUSAL

- Feel physically numb and frozen.
- Feel disconnected and zoned out.
- Lethargic and no energy

WINDOW OF TOLERANCE

HOW AM I FEELING?

WHAT CAN I DO?



Empty rectangular box for writing.

Empty rectangular box for writing.



Empty rectangular box for writing.

Empty rectangular box for writing.



Empty rectangular box for writing.

Empty rectangular box for writing.

WINDOW OF TOLERANCE

What are your symptoms of each stage.
Circle and add your own.

SIGNS OF HYPERAROUSAL

Sweaty, angry, frustrated, throwing things, breaking things, name-calling, fighting, hot flushes, running away, feeling out of control, emotional outbursts, can't sleep, agitated, tense, can't concentrate, memory problems.



MY WINDOW STARTS TO CLOSE WHEN..

- Physical Pain
- Emotional Pain
- Stressed
- Overwhelmed
- Exhausted
- Tired



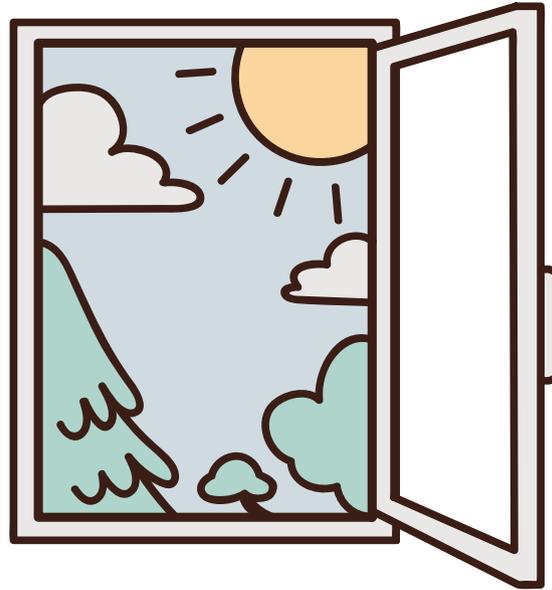
SIGNS OF HYPOAROUSAL

Feel numb, frozen, spaced out, struggle to keep up in conversations, can't concentrate, have memory problems, substance abuse, cancel plans, hideaway, binge eating, and don't get back to others.



WINDOW OF TOLERANCE COPING SKILLS CHECKLIST

-  EAT 3 HEALTHY MEALS
-  7+ HOURS OF SLEEP
-  DRINK FRESH WATER
-  GET FRESH AIR
-  PRACTICE MINDFULNESS
-  WRITE DOWN 3 THINGS YOU ARE GRATEFUL FOR
-  BRUSH YOUR TEETH
-  HAVE A WARM SHOWER
-  MAKE YOUR BED
-  READ A BOOK
-  LISTEN TO MUSIC
-  SPEND TIME WITH FRIENDS
-  DECLUTTER A SMALL SPACE
-  HAVE A SOCIAL MEDIA DETOX
-  ASK FOR A HUG
-  SPEND TIME WITH FAMILY
-  DO A HOBBY
-  WRITE IN YOUR JOURNAL
-  SAY 5 THINGS YOU LOVE ABOUT YOURSELF
-  DO SOME EXERCISE
-  WASH YOUR HAIR



-  HAVE A CUP OF TEA
-  DO NOTHING- ENJOY THE PEACE
-  TRY SOMETHING NEW
-  DO SOME COLORING IN
-  MAKE YOUR FAVORITE FOOD
-  _____
-  _____
-  _____
-  _____
-  _____
-  _____
-  _____
-  _____