

# Widening “YOUR” Window of Tolerance

Widening your window of tolerance is important because it helps you better manage stress and emotions without becoming overwhelmed or shutting down. By expanding this window, you can handle challenging situations with greater resilience, stay present during difficult emotions, and respond more calmly, which supports overall emotional well-being and growth.

Here are some suggestions that may be helpful for you to add to your routine or regularly remind yourself to incorporate into your life. There may also be others that resonate with you that aren't listed here.

- 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 some time with friends
- De-clutter 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 colouring in
- Make your favourite food

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