

WINDOW OF TOLERANCE

The Window of Tolerance, is referred to as the 'optimal zone' of arousal in which a person is able to function most effectively and emotions can be processed in a healthy way.

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.

WINDOW OF TOLERANCE

- Feel present, calm and safe.
- In total control.



THINGS THAT SHRINK YOUR WINDOW

- Stress
- Things that trigger trauma
- Anxiety
- Rejection
- Abandonment

THINGS THAT CAN EXPAND YOUR WINDOW

- Mindfulness
- Grounding exercises
- Gratitude
- Positive self talk
- Deep breathing

DYSREGULATION

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

HYPERAROUSAL

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

WINDOW OF TOLERANCE

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



SIGNS OF HYPERAROUSAL

SWEATING ANGRY FRUSTRATED THROWING THINGS
BREAKING THINGS NAME CALLING FIGHTING
HOT FLUSHES RUN AWAY FEELING OF 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 HYPERAROUSAL

FEEL NUMB FEEL FROZEN SPACED OUT
STRUGGLE TO KEEP KEEPUP IN CONVERSATIONS
CAN'T CONCENTRATE MEMORY PROBLEMS
SUBSTANCE ABUSE CANCEL PLANS HIDE AWAY
BINGE EATING DON'T REPLY TO TEXT MESSAGES OR PHONE CALLS



WINDOW OF TOLERANCE 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 CUPPA
- DO NOTHING- ENJOY THE PEACE
- TRY SOMETHING NEW
- DO SOME COLOURING IN
- MAKE YOUR FAVOURITE FOOD
- _____
- _____
- _____
- _____
- _____
- _____