

WINDOW OF TOLERANCE

Hyperarousal - Fight and Flight	
We feel increasingly anxious, agitated angry and overwhelmed. Our mind is racing, and we may feel out of control	Taking deep breaths and physical exercise can help to bring us back into our window of tolerance
Window of Tolerance We feel calm and in control. Able to think and engage Usually, people move up and down within this window, at times feeling energetic and at others relaxed.	Grounding techniques can help us to stay in our window of tolerance and to make it bigger 😊
Hypoarousal - Freeze and Flop	
We feel ourselves shutting down and dissociating. Feeling numb and unable to think, speak and engage.	Moving our bodies and regulating our breathing can help to bring us back into our window of tolerance