

# WINDOW OF TOLERANCE

The Window of Tolerance is the 'optimal zone' of arousal in which a person can function most effectively and emotions can be processed healthily.

## 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.



Stress  
Trauma  
triggers  
Anxiety  
Rejection  
Abandonment

THINGS  
THAT  
SHRINK  
YOUR  
WINDOW

THINGS  
THAT  
CAN  
EXPAND  
YOUR  
WINDOW

Mindfulness  
Grounding  
exercises  
Gratitude  
Positive self  
talk  
Deep  
breathing

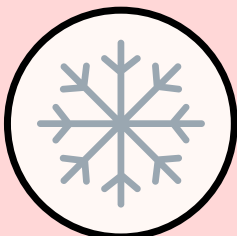
## DYSREGULATION

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



## HYPOAROUSAL

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



# WINDOW OF TOLERANCE

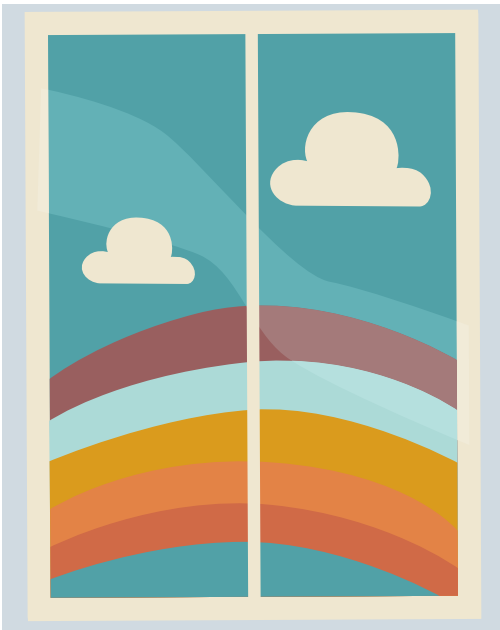
HOW AM I FEELING?

WHAT CAN I DO?



Empty rectangular box for writing feelings.

Empty rectangular box for writing actions.



Empty rectangular box for writing feelings.

Empty rectangular box for writing actions.



Empty rectangular box for writing feelings.

Empty rectangular box for writing actions.

# 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.



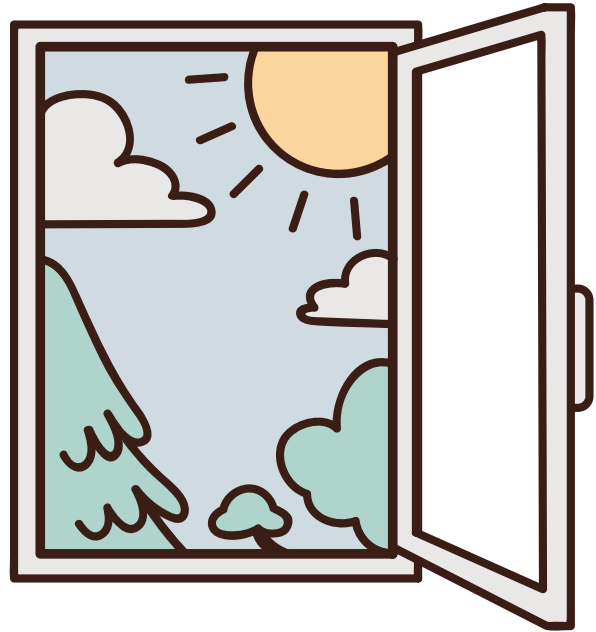
---

---

---

# 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
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_