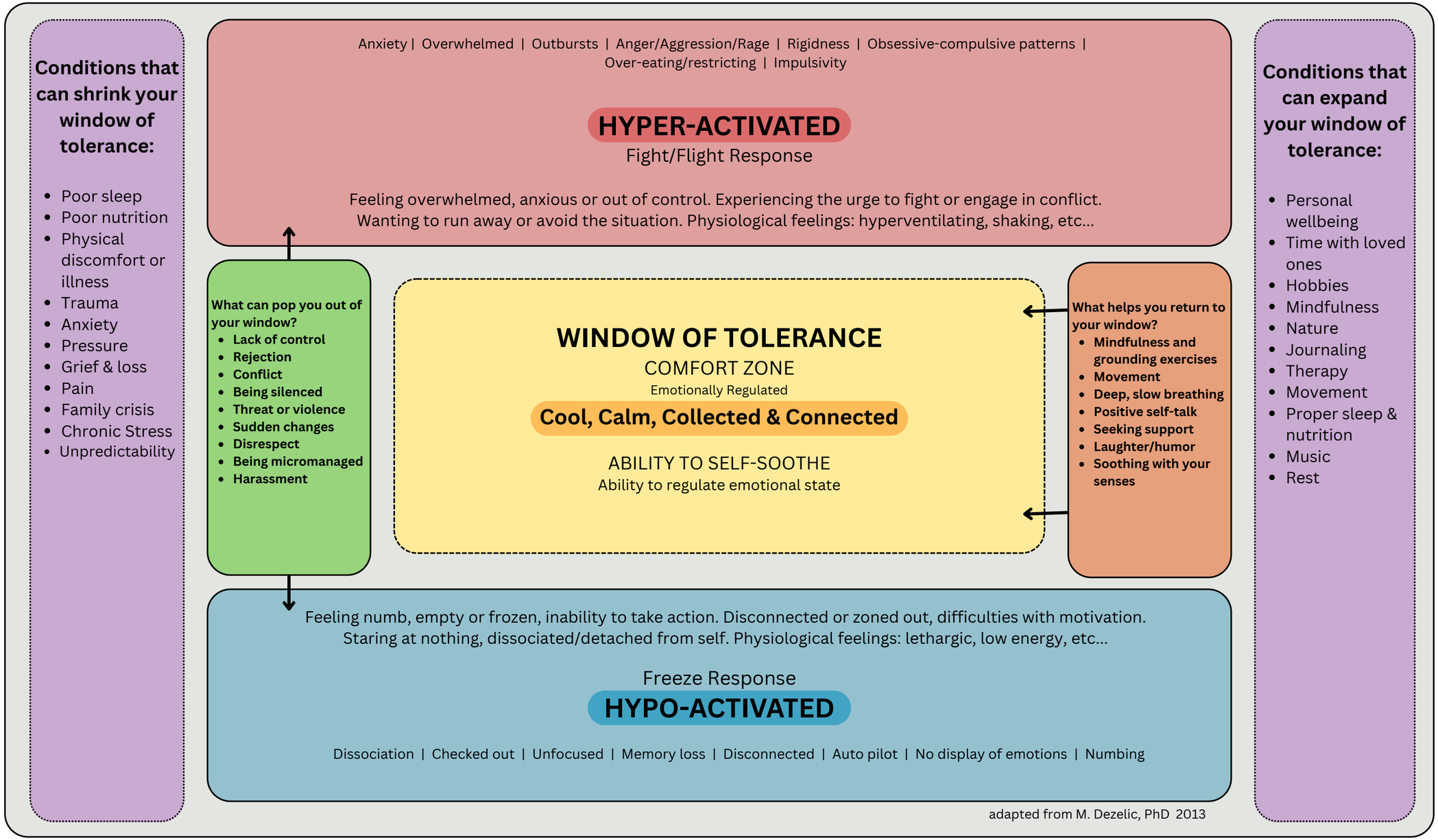

Conditions that can shrink your window of tolerance:
Poor sleep
Poor nutrition
Physical discomfort or illness
Trauma
Anxiety
Pressure
Grief & loss
Pain
Family crisis
Chronic Stress
Unpredictability
Anxiety | Overwhelmed | Outbursts | Anger/Aggression/Rage | Rigidness | Obsessive-compulsive patterns | Over-eating/restricting | Impulsivity
HYPER-ACTIVATED
Fight/Flight Response
Feeling overwhelmed, anxious or out of control. Experiencing the urge to fight or engage in conflict. Wanting to run away or avoid the situation. Physiological feelings: hyperventilating, shaking, etc...
What can pop you out of your window?
Lack of control
Rejection
Conflict
Being silenced
Threat or violence
Sudden changes
Disrespect
Being micromanaged
Harassment
WINDOW OF TOLERANCE
COMFORT ZONE
Emotionally Regulated
Cool, Calm, Collected & Connected
ABILITY TO SELF-SOOTHE
Ability to regulate emotional state
What helps you return to your window?
Mindfulness and grounding exercises
Movement
Deep, slow breathing
Positive self-talk
Seeking support
Laughter/humor
Soothing with your senses
Feeling numb, empty or frozen, inability to take action. Disconnected or zoned out, difficulties with motivation. Staring at nothing, dissociated/detached from self. Physiological feelings: lethargic, low energy, etc...
Freeze Response
HYPO-ACTIVATED
Dissociation | Checked out | Unfocused | Memory loss | Disconnected | Auto pilot | No display of emotions | Numbing
Conditions that can expand your window of tolerance:
Personal wellbeing
Time with loved ones
Hobbies
Mindfulness
Nature
Journaling
Therapy
Movement
Proper sleep & nutrition
Music
Rest
adapted from M. Dezelic, PhD 2013