

# WINDOW OF TOLERANCE

The window of tolerance and different states that affect you.



## HYPERAROUSAL

- Abnormal state of increased responsiveness.
- Feeling anxious, angry, and out of control.
- You may experience wanting to fight or run away.



## DYSREGULATION

- When you start to deviate outside of your window of tolerance you start to feel agitated, anxious, or angry.
- You do not feel comfortable but you are not out of control yet.

## SHRINK

your Window of Tolerance

Stress and trauma can cause your window of tolerance to shrink



Meditation, listening to music, or engaging in hobbies can expand your window of tolerance

## EXPAND

your Window of Tolerance



## DYSREGULATION

- You start to feel overwhelmed, your body might start shutting down and you could lose track of time.
- You don't feel comfortable but you are not out of control yet.



## HYPONAROUSAL

- Abnormal state of decreased responsiveness.
- feeling emotional numbness, exhaustion, and depression.
- You may experience your body shut down or freeze.

# Grounding Exercises

Grounding exercises help us to come back into our window of tolerance where we feel most calm and in control of ourselves. Practices like deep breathing that connect us with our physical body and practices that focus on what you see around you can help us connect with the physical space that we are in. These are meant to remind our brains and bodies that we are in a safe space in the present moment. Not everyone uses the same grounding exercises, so do whatever works for you!

## Note:

- Sometimes grounding exercises can be triggering or overwhelming for people because they are meant to bring ourselves back "in" to our bodies, which may feel scary. In some cases, it may be better to mindfully disconnect (by reading a book or watching a show for example) and then come back into our bodies and surroundings when it feels safe to do so.

## Move your body

- Start by wiggling your toes, then try bending your knees, slowly move up to rolling your wrists and bending at your waist, and stretch your neck. Pay attention to how all of this feels as you focus on each small movement.

## 5-4-3-2-1

- Name 5 things you can see.
- 4 things you can touch.
- 3 things you can hear.
- 2 things you can smell.
- 1 thing you can taste.
- Repeat if needed!



## Drink some warm tea.

- Inhale deeply. What does it smell like? What does it taste like? Feel the warmth on your hands.



## Tip

- If feeling numb or frozen, try eating a sour candy, chewing some peppermint gum, or drinking some very cold water.



## Tip

- If feeling anxious or out of control, try planting your feet on the ground, listen to soothing music, and practice deep breathing exercises.

