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 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

**EXPAND your Window of Tolerance**
- Meditation, listening to music, or engaging in hobbies can expand your window of tolerance

Think of the window of tolerance as a river and you’re floating down it. When the river narrows, it’s fast and unsafe. When it widens, it slows down and you:
- Are at a balanced and calm state of mind
- Feel relaxed and in control
- Are able to function most effectively
- Are able to take on any challenge life throws at you

**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

**HYPOAROUSAL**
- Abnormal state of decreased responsiveness
- Feeling emotional numbness, exhaustion, and depression
- You may experience your body shutting down or freeze

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