

# Window of Tolerance

Map your nervous system's capacity to handle stress and emotions.

## HYPER-AROUSAL (THE UPPER ZONE)

*Fight or Flight • Overwhelmed • Anxious*



**PHYSICAL & MENTAL SIGNS (E.G. RACING HEART, ANGER, JITTERS)**

**TOOLS TO DOWN-REGULATE (E.G. DEEP BREATHING, WEIGHTED BLANKET)**

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## WINDOW OF TOLERANCE (THE OPTIMAL ZONE)

*Calm • Engaged • Capable of Processing*



What does it feel like when you are 'centered' and able to handle life's challenges? Note your signs of balance here.

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## HYPO-AROUSAL (THE LOWER ZONE)

*Freeze or Shutdown • Numb • Disconnected*



**PHYSICAL & MENTAL SIGNS (E.G. EMPTY, SLEEPY, 'SPACING OUT')**

**TOOLS TO UP-REGULATE (E.G. COLD WATER, MOVEMENT, LOUD MUSIC)**

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