

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)

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.

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)
