



The Window of Tolerance



Understanding your nervous system and how to come back to your window



Too much — hyperarousal

Fight or flight mode



WHAT IT FEELS LIKE

- ♥ Panic or anxiety
- ♥ Anger or irritability
- ♥ Racing thoughts, can't focus
- ♥ Heart pounding, restless
- ♥ Feeling out of control

WHAT'S HAPPENING IN YOUR BODY

- ♥ Nervous system is flooded
- ♥ Too much activation
- ♥ Hard to think clearly
- ♥ Everything feels urgent or threatening



Your window

The sweet spot



WHAT IT FEELS LIKE

- ♥ Calm enough to think
- ♥ Emotions feel manageable
- ♥ Present and aware
- ♥ Can talk things through
- ♥ Able to cope with hard stuff

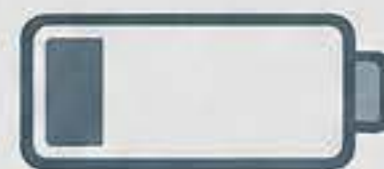
WHAT'S HAPPENING IN YOUR BODY

- ♥ Nervous system is regulated
- ♥ Brain and body are working together
- ♥ You can handle emotions without being overwhelmed



Too little — hypoarousal

Freeze mode



WHAT IT FEELS LIKE

- ♥ Numb or empty
- ♥ Zoned out, disconnected
- ♥ Heavy or flat
- ♥ Hard to speak or move
- ♥ Can't feel much at all

WHAT'S HAPPENING IN YOUR BODY

- ♥ Nervous system has shut down
- ♥ Too little activation
- ♥ Body is protecting you by switching off



Your window can get bigger with practice, self-care, support and understanding.

