



HYPERAROUSAL

Impulsive • Panic • Irritable
Rapid Heart Rate • Jumpy
Hypervigilance • Fight or Flight

UNDERSTANDING THE WINDOW OF TOLERANCE



OPTIMAL ZONE (WINDOW OF TOLERANCE)

Calm • Psychological Flexibility • Balanced
Being Present • Curiosity • Relaxed • Openness

Immobilized • Numb • Brain Fog
Withdrawn • Low Energy
Freeze Response • Detached

HYPOAROUSAL



Tips to Manage & Expand Your Window of Tolerance

PRACTICE NOTICING YOUR SYMPTOMS

The first step towards expanding your window of tolerance is paying gentle attention to your emotional and physical state. How do you respond to different situations? Do you notice symptoms associated with hyperarousal, hypoaarousal or are you generally in the optimal zone?

The next step is discovering strategies that return your nervous system to the optimal zone.

STRATEGIES FOR MANAGING HYPERAROUSAL

Goal: Calming & Centering

- Breathwork, meditation or guided imagery, progressive muscle relaxation, listening to music, gentle stretching, drinking water from a straw, reducing stimulants, and creating a calming atmosphere.

STRATEGIES FOR MANAGING HYPOAROUSAL

Goal: Connecting & Energizing

- Engaging your five senses (5-4-3-2-1 exercise), physical movement (walking, dancing, jumping jacks etc.), splash cold water on your face or hold an ice cube, creative arts, and connecting with friends/family.