#### WINDOW OF TOLERANCE

### **HYPERAROUSAL**

- Feelings of extreme anxiousness with possible panic attacks
- Feel overwhelmed and out of control
- Want to fight or run away



## WAYS TO SHIFT FROM FIGHT OR FLIGHT STATE

- Engage in some mindfulness exercises
- Breathe, pause and slow down
- Just cry, let the emotion out
- Physical activity, e.g. throwing a ball
- Meditation

## Unable to calm down

#### **OPTIMAL ZONE**

- Feel present, calm, and safe
- In total control



# THINGS THAT CAN EXPAND YOU WINDOW

- Mindfulness
- Grounding exercises
- Gratitude
- Positive self-talk
- Deep breathing

# Shutting Down

#### **HYPOAROUSAL**

- Feel physically numb and frozen
- Feel disconnected and zoned out
- Lethargic and no energy



## WAYS TO SHIFT FROM A FREEZE STATE

- Focus on your sense
- Grounding techniques
- Touch
- Humming
- Yoga/jogging
- Slow breathing