

# Window of Tolerance

The Window of Tolerance is a concept used in therapy to describe a person's optimal state of functioning.

It represents the range of emotional and physiological experiences in which an individual can effectively cope with stressors.

1. Hyperarousal: Think about situations or events that often trigger feelings of anxiety and distress.

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2. Hypoarousal: Think about situations or events that often trigger feelings of depression or numbness.

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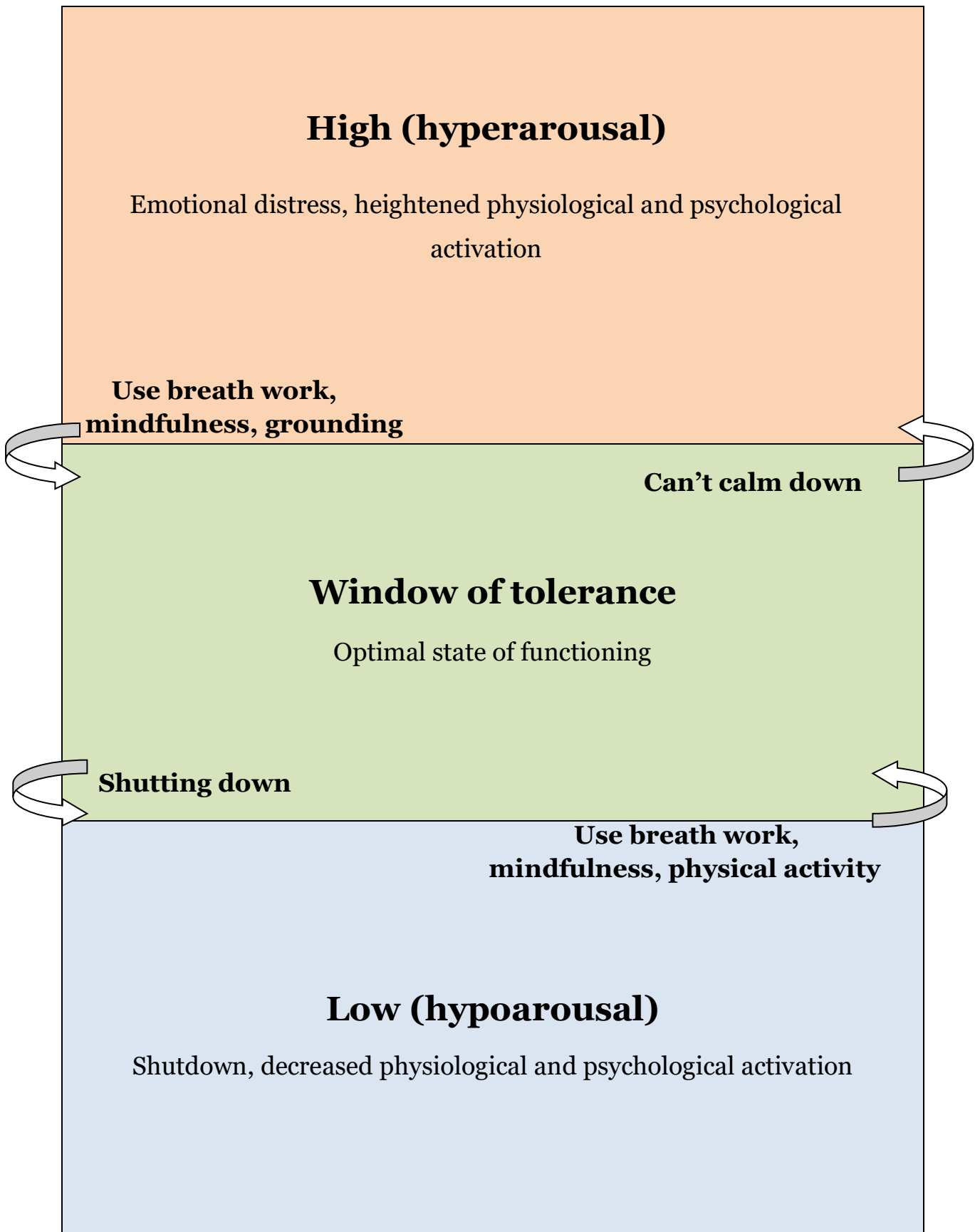
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# Window of Tolerance



**Window of tolerance:**

**Explore grounding techniques:** Think about strategies that can help you stay within your Window of Tolerance or bring yourself back when you start feeling dysregulated.

Grounding techniques can include deep breathing exercises, mindfulness practice, physical movement, connecting with a supportive person, or engaging in a soothing activity.

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**Implement self-care practices:** Take note of self-care activities that support your overall well-being and help maintain a balanced state. These can be activities that bring you joy, reduce stress, and promote relaxation. Some examples may include exercise, meditation, spending time in nature, pursuing hobbies, or getting enough sleep.

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**Reflect on preventive measures:** Consider proactive steps you can take to minimize the likelihood of being pushed outside your Window of Tolerance. This might involve setting boundaries, seeking therapy or support, creating a safe and supportive environment, or practicing self-compassion.

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