

UNDERSTANDING

Your Window of Tolerance

FINDING YOUR ZONE OF CALM AND CONNECTION

Your window of tolerance is the optimal zone where you can handle life's ups and downs. When you move outside this window, your nervous system goes into survival mode.

Moving
above

HYPERAROUSAL

Too Much

Your nervous system is overwhelmed.
You may feel:

- Anxious or panicked
- Irritable or angry
- Racing thoughts
- On edge or restless
- Trouble concentrating
- Sensitivity to noise or chaos



WINDOW OF TOLERANCE

Just Right

You feel calm, present, and able to cope.
You may feel:

- Calm and grounded
- Able to think clearly
- Emotionally balanced
- Connected with yourself and others
- Flexible and open to life



HYPOAROUSAL

Too Little

Your nervous system is under-stimulated.
You may feel:

- Numb or empty
- Tired or drained
- Slow or foggy
- Disconnected or zoned out
- Little motivation or interest
- Heavy or frozen



Moving
below

EXPANDING YOUR WINDOW

You can widen your window of tolerance over time.

Helpful practices include:



Learning about your nervous system



Regular routines and sleep



Movement and breathwork



Safe relationships and support



Mindfulness and self-compassion



Time in nature



Journaling and reflection

SIGNS YOU'VE MOVED OUT OF YOUR WINDOW

Above (Hyperarousal)

You may feel overwhelmed, on edge, or out of control.



Below (Hypoarousal)

You may feel numb, shut down, or disconnected.



SEEKING YOUR WAY BACK IN

Compassionate tools can help you return to your window of tolerance:



Slow, deep breathing



Grounding through your senses



Gentle movement



Connecting with someone safe



Kind self-talk and patience

The more time you spend in your window of tolerance, the more capacity you have for calm, connection, and a life that feels meaningful to you.