

# Tolerance

## WINDOW OF

The 'Window of Tolerance' is the “ideal state” we are in when we can handle stress and big feelings. It is possible to widen this window, allowing us to be more flexible and handle more stress without feeling out of control.



## Hyperarousal

Pounding heart, scattered or racing thoughts, butterflies, the urge to run, leave, fight, restlessness, panicking, sweating and difficulty relaxing, sleeping

Hyperarousal is where an individual experiences overwhelming emotions or stress responses.

## Window of Tolerance

Calm, flexible, focused, engaged

The 'window of tolerance' is an individual's emotional comfort zone where they can handle various experiences without being overly affected by stress or pressure.

## Hypoarousal

Disengagement, numbness, and dissociation from emotions and external stimuli, accompanied by lowered physiological responses like heart rate and respiration


Hypoarousal is where an individual experiences reduced arousal.



# WHAT ZONE AM I IN?


The vertical scale consists of 11 icons: 1. zzz (blue), 2. neutral (blue), 3. zzz (blue), 4. neutral (blue), 5. happy (green), 6. neutral (green), 7. neutral (green), 8. sad (orange), 9. sad (orange), 10. sad (orange), 11. angry (red). A yellow sun icon with arms and legs is positioned to the right of the scale, with an arrow pointing to the boundary between the 4th and 5th icons. The sun contains the text "AIM FOR HERE".

**REST ZONE**

 TIRED  
SAD  
SICK  
BORED


**REST AREA** ←


**READY TO LEARN**

 CALM  
HAPPY  
OK  
READY


**GO**


**SPIKING**

 SILLY  
RESTLESS  
HYPER  
CONFUSE



**STOP**

 MAD  
HITTING  
FRUSTRATED  
YELLING



**STOP**