

# The Window of Tolerance

The 'Window of Tolerance' is the ideal state of arousal enabling effective stress and emotion management, avoiding extremes of hyperarousal and hypoarousal; broadening this window allows individuals to navigate experiences more flexibly and effectively.

## hyperarousal FLIGHT / FIGHT RESPONSE



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

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



Excessive activation of the sympathetic nervous system and the amygdala, resulting in increased stress hormone release and exaggerated emotional responses.



Balanced brain activity in the prefrontal cortex and the amygdala, along with moderate sympathetic and parasympathetic nervous system activation.



## window of tolerance

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.

**Looks like:** Calm, flexible, focused, engaged, ready to learn, ready to play.

## hypoarousal FAWN, FREEZE, FLOP



**Hypoarousal** is where an individual experiences reduced arousal.

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



Reduced brain activity in alertness and emotional regulation areas like the prefrontal cortex, coupled with heightened parasympathetic nervous system activity.