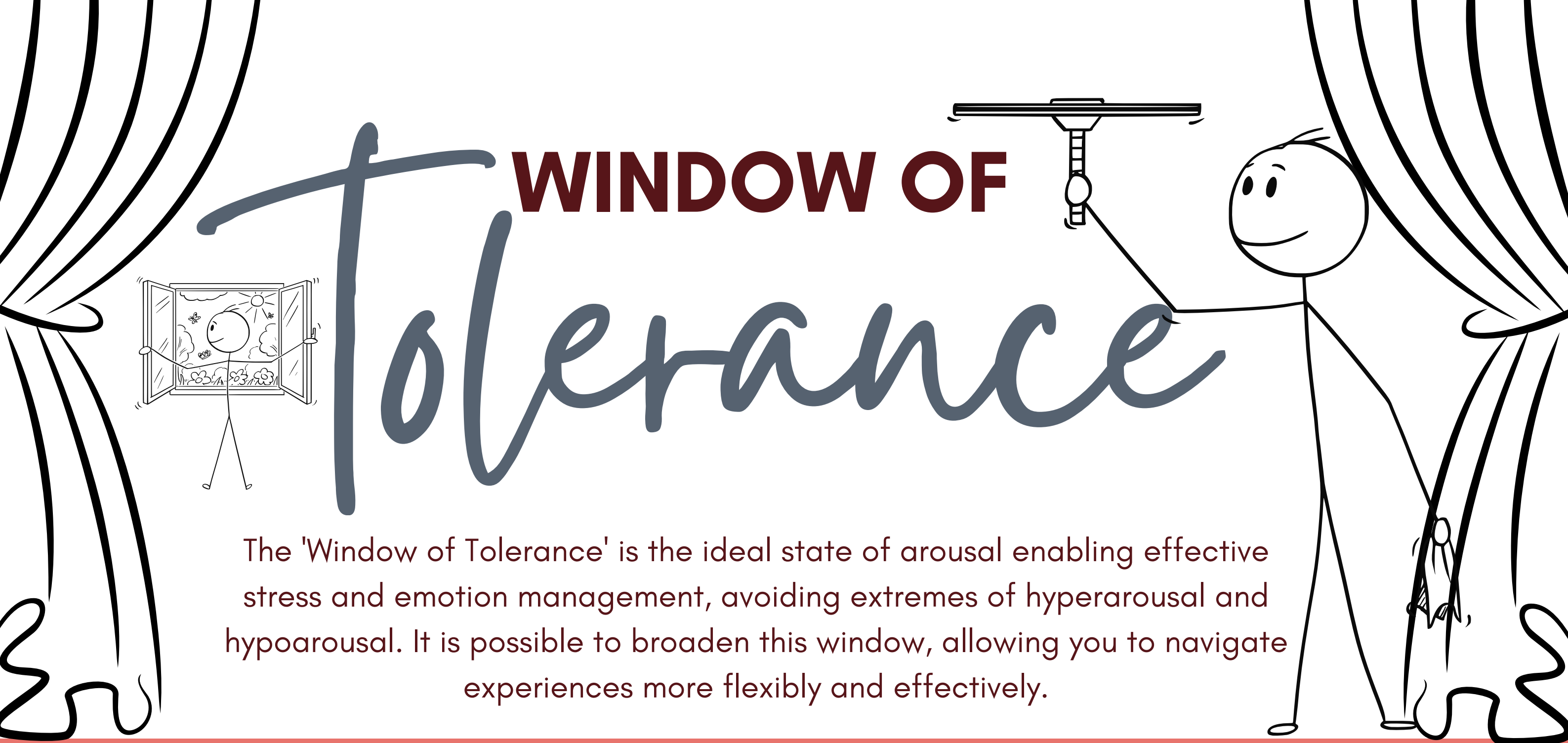




The 'Window of Tolerance' is the ideal state of arousal enabling effective stress and emotion management, avoiding extremes of hyperarousal and hypoarousal. It is possible to broaden this window, allowing you to navigate experiences more flexibly and effectively.

Hyperarousal

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

Hyperarousal is where you experience overwhelming emotions or stress responses.

Window of Tolerance

Calm, flexible, focused, engaged

The 'window of tolerance' is an individual's emotional comfort zone where you 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 you experience reduced arousal.

