

# Window of Tolerance

Individuals possess varying thresholds for processing emotions, known as the "Window of Tolerance." This range is shaped by factors such as temperament, upbringing, and life experiences. Nonetheless, the width of this window can be broadened by adopting diverse emotion regulation techniques, enabling individuals to adapt adeptly to a range of circumstances.

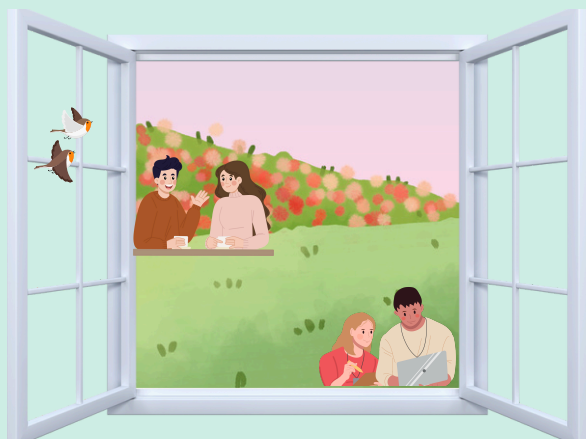


## Hyperarousal

Experiencing intense anger, restlessness, confusion, loss of control, fight-or-flight responses, withdrawal, increased heart rate and breathing, tense muscles.



When we begin to feel restless and anxious, it's important to be mindful and manage our emotions. Failure to do so can lead to heightened arousal and exaggerated reactions that feel uncontrollable. Individuals grappling with anxiety, violence, or post-traumatic stress are particularly susceptible to experiencing this state.



## Window of Tolerance

This is a comfortable state where, even when facing challenges and experiencing emotional fluctuations, we can stay focused, think clearly, and interact calmly with others. By practicing mindfulness of this state of comfort in our daily lives, we can respond and adjust more quickly when we begin to deviate from it.

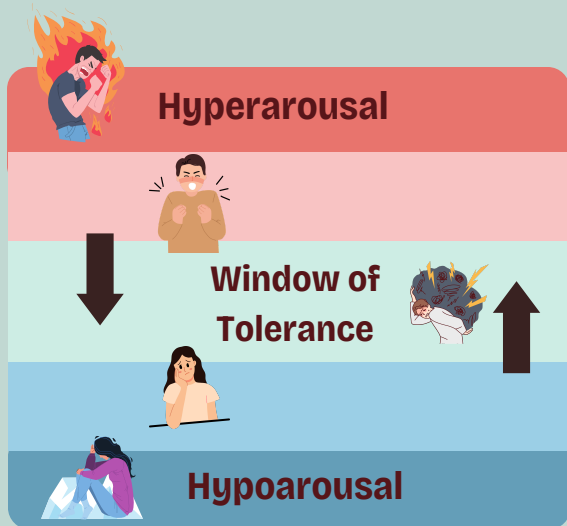


When we start to feel numb and sluggish, it would be helpful to be mindful of the state and regulate our emotions. Otherwise, if we enter a state of hypoarousal, our body and mind may seem to shut down. Individuals affected by depression, post-traumatic stress, or dissociative symptoms are more prone to find themselves in this state.



## Hypoarousal

Experiencing apathy, drowsiness, difficulties in thinking or focusing, lack of motivation, disconnection from surroundings, and physical weakness or stiffness.



## Shrinking of Window of Tolerance

Individuals who have faced trauma or prolonged stress may find their brains protecting them by narrowing their window of tolerance. This reduction in tolerance is designed to enable faster crisis response and reduce potential harm. However, following the crisis, if the brain's "alarm" system remains active, even minor stimuli can trigger emotional responses that exceed manageable levels, impacting cognitive function and social interactions. This can lead to emotional distress and physical exhaustion.

## Expanding our Window of Tolerance

Our experiences shape our brains. To boost coping mechanisms and flexibility in facing life's challenges, we can use the following strategies to widen our window of tolerance.



### Share & Support

Share our feelings with our loved ones, seek comfort in their presence, and cherish the feeling of being heard and supported.

Redirect our focus from the external world to our inner selves. Engage in observing and accepting our feelings and physical responses without judgment. Avoid criticizing, suppressing, or evading these emotions.



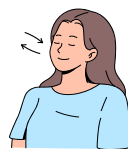
### Observe & Accept



### Identify Triggers

Identify triggers, such as specific events, individuals, or situations, that induce emotional disruptions. By preparing in advance, we can reduce the likelihood of reacting impulsively or out of habit.

Engage in calming practices like meditation and deep breathing to alleviate physical tension and enhance our awareness of our mental states.

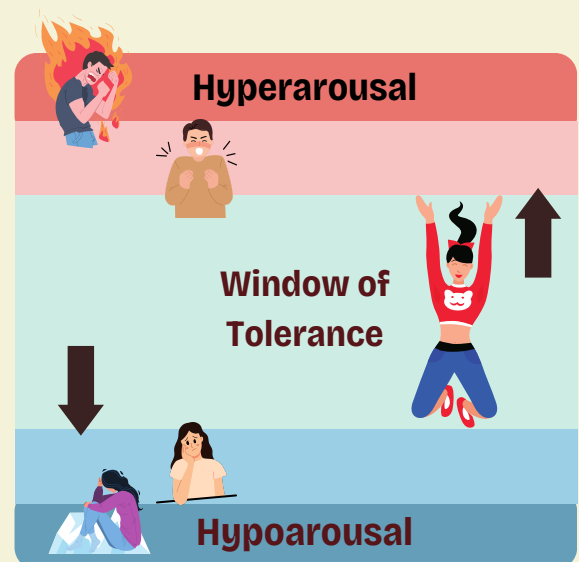


### Relaxation



### Boost your energy level

When experiencing drowsiness, increase your energy levels by soaking in sunlight and participating in activities like jogging, stretching, or singing. Additionally, regulate yourself by engaging in sensory stimulation through visual, taste, auditory, smell, and touch sensations.



Expanding our tolerance takes time, patience, and practice. Celebrate small progress as they lead to long-term growth. Seek professional support if managing overwhelming emotions becomes challenging.