

WINDOW OF TOLERANCE MODEL

HYPER-AROUSAL <5%

Fight/Flight

OVER REACTS--irritable-anxious-angry-restless-aggressive-hypervigilant

—impulsive—

Must “FEEL GOOD NOW”

“I don’t care”

(can’t register consequences)

Chronic High Cortisol:

- Suppressed immune function
- Heart and blood pressure problems
- Cancer risk

↑ dysregulation ↑

WINDOW OF TOLERANCE >95%

Communication/Connection

AWARE—calm-alert-grounded-experiences a range of emotions w/o numbing

TRUE & BEST SELF

—resilient—

Cares about the FUTURE

values and people matter

Healthy & Normal Cortisol:

- Long-term functions of brain and body
 - Healthy immune function
 - Healthy sleep
 - Good digestion
- Our body is designed to leave and return to our window
-Allostasis* grows our window (resiliency)
-Allostatic Load* shrinks our window

↓ dysregulation ↓

HYPO-AROUSAL <5%

Freeze/Shut Down

UNDER REACTS—fatigued-lethargic-helpless-dull-fawning-depression

—indulgent—

Must “FEEL GOOD NOW”

“I give up”

(overwhelmed/sees no way out)

Chronic Low Cortisol:

- Unchecked immune function (turns on itself)
- Inflammation (autoimmune disorders)
- Digestive problems
- Poor sleep

WINDOW OF TOLERANCE MODEL

How to RETURN to window: (be with -then- work with)	How to GROW window: (controlled allostasis)	How to MAINTAIN window: (what nourishes me?)
<p>From Hyper-arousal: (exhale focused breathwork and grounding exercises)</p> <p>Finding SPACE Tool Feeling statements Self-empathy practices Urge surfing Deep Sea Diver Breathing Straw breathing Herbal tea 5-4-3-2-1 Grounding oils Self-spotting Bi-lateral stimulation Tapping</p>	<p>Strength/endurance training Ice baths regularly Cold showers Yoga workout Wim Hof breathing Mindfulness—seamless awareness Trauma work and healing Strengthening relationships</p>	<p>Regular meditation & awareness practices such as Finding SPACE Tool 2 min check-ins 5x daily Healthy diet</p> <ul style="list-style-type: none"> • Greens • Hydration • High nutrient density foods <p>Regular exercise Time in nature Walks Massage Good hygiene Daily routine Hobbies or activities that contribute to purpose and meaning</p>
<p>From Hypo-arousal: (inhale focused breathwork and keep moving!)</p> <p>Finding SPACE Tool Feeling statements Self-empathy practices Yoga breathing Restorative poses Gentle yoga Walks Planning ahead Social engagement Pets Stimulating oils Motivational quotes, podcasts, reminders</p>	<p>What SHRINKS window: (things to avoid)</p> <p>Caffeine Sugar Napping or over sleeping Numbing behaviors Over eating Isolating Substance abuse Media binging Web surfing Video games Over working Over exercising Porn or sex addictions Co-dependency</p>	<p>Healthy communication with others Self-connection practices Time with loved ones Reading/study Prayer Spiritual practices Mentors or inspiring teachers to follow</p>

*Allostasis—leaving window and returning * Allostatic Load—stressor upon stressor with no recovery