window of tolerance

hyperarousal

abnormal state of increased responsiveness
feeling anxious, angry and out of control
you may experience wanting to fight or run way

dysregulation

when you start to deviate outside your window of tolerance,
you start to feel agitated, anxious or angry
you do not feel comfortable but you are not our of control yet

shrink

stress and trauma can cause your window to shrink



expand

self care activities can expand your window

dysregulation

you start to feel overwhelmed, your body might start shutting down and you could lose track of time
you do not feel comfortable but you are not our of control yet

hypoarousal

abnormal state of increased responsiveness
feeling emotional numbness, exhaustion and depression
you may experience your body shutting down or freeze

Adapted from Mind My Peelings 2020 Window of Tolerance

hyperarousal

dysregulation



dysregulation

hypoarousal