



Hyperarousal

Anxious, Angry, Out of Control,
Overwhelmed.

Your body wants to fight or run
away.

It's not something you choose –
these reactions just take over.



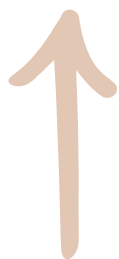
Window of Tolerance

When you are in your Window of Tolerance, you feel like you can deal with whatever's happening in your life. You might feel stress or pressure, but it doesn't bother you too much.

This is the ideal place to be.

When stress and trauma shrinks your window of tolerance, it doesn't take much to throw you off balance.

Working with a practitioner can help expand your window of tolerance so that you are able to cope with challenges.



Hypoarousal

Spacy, Zoned Out, Numb, Frozen.

Your body wants to shut down.

It's not something you choose –
these reactions just take over.

