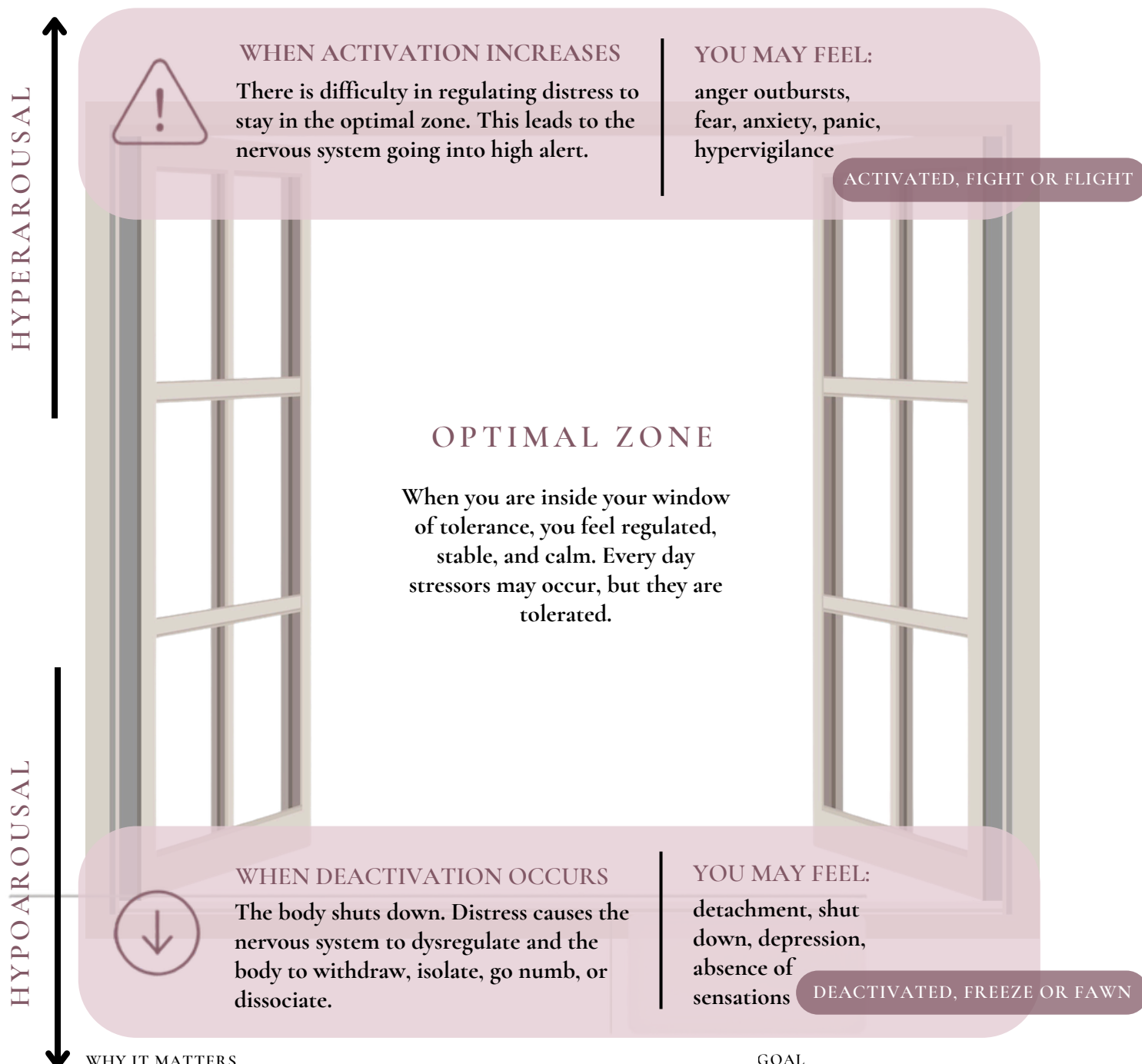


THE WINDOW OF TOLERANCE

UNDERSTANDING YOUR NERVOUS SYSTEM

Our nervous system has an optimal zone of arousal where we can think clearly, feel our emotions, and respond to life with balance. When we move outside of this window, it becomes harder to cope.



WHY IT MATTERS

Staying in your window of tolerance helps you think clearly, manage emotions, build relationships, and handle life's challenges. Expanding your window gives you more flexibility and resilience.

WAYS TO SUPPORT YOUR WINDOW

REGULATE



Use breath, movement, or ground to calm your system.

TAKE NOTICE



Pay attention to early signs of stress or shutdown.

CONNECT



Safe connection with others can help you regulate.

TAKE BREAKS



Rest, sleep, and unplugging support your nervous system.

BE PATIENT



Healing takes. Gentle, consistent care makes change.