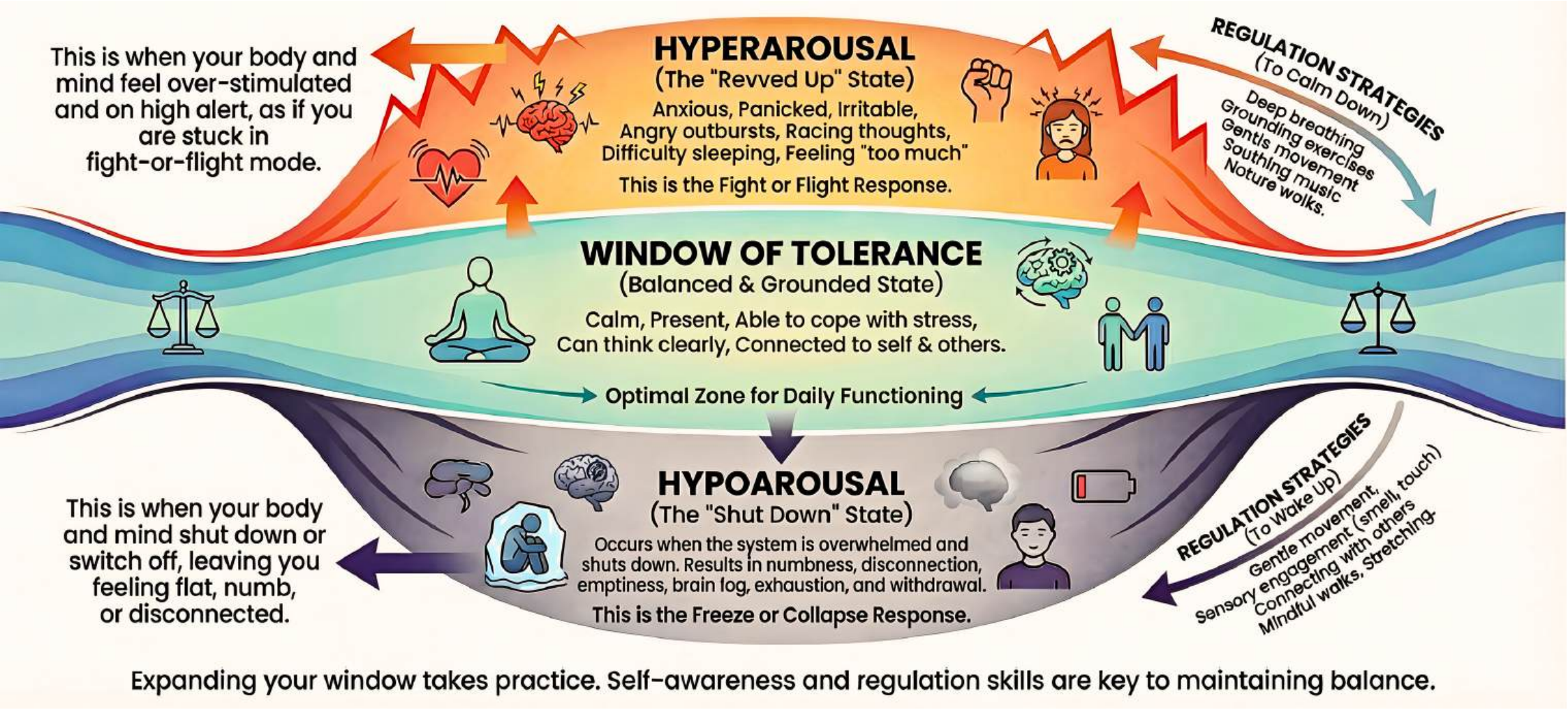
Window of TOLERANCE

Everyone has feelings. At times they may feel overwhelming, at other times switched off, and sometimes balanced and manageable. Our body and mind respond differently to each of these states. This range is called the Window of Tolerance.

When we are inside our window, we can cope with challenges, connect with others, and think clearly. When we move outside it, we may feel either over-stimulated (hyperarousal) or under-stimulated (hypoarousal). Noticing these shifts helps us understand ourselves and use strategies to return to balance.



Expanding your window takes practice. Self-awareness and regulation skills are key to maintaining balance.

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