

# WINDOW OF TOLERANCE

Life can throw a lot at us sometimes.

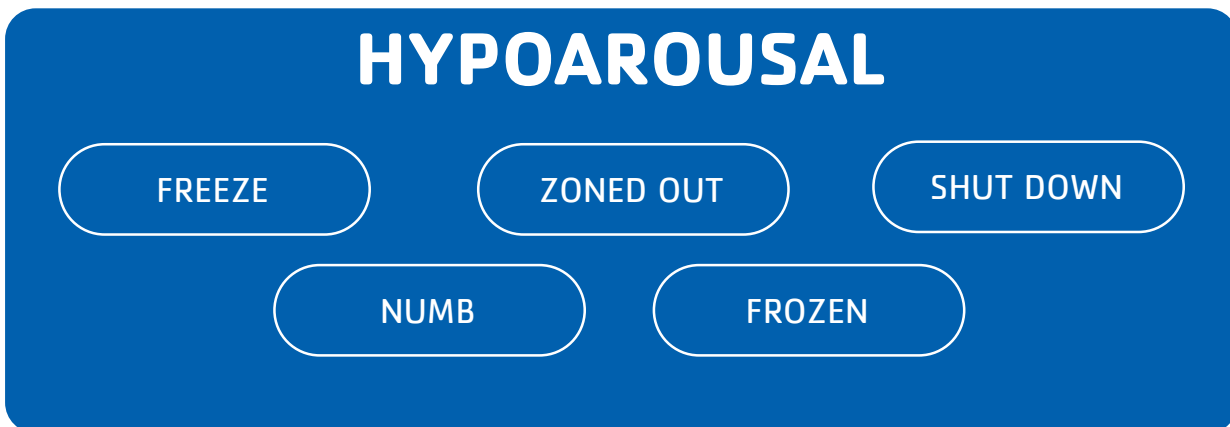
Our **“WINDOW OF TOLERANCE”** is our ability to handle stressors in life. It is the “sweet spot” where we can face challenges and grow at the same time (become more resilient).

## WHEN THINGS GET TOUGH...

Our **WINDOW OF TOLERANCE** gets smaller. When our **WINDOW OF TOLERANCE** is small, extra stress can cause us to jump into **HYPERAROUSAL** or sink into **HYPOAROUSAL**.



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# WINDOW OF TOLERANCE

What to do when we are outside of our **WINDOW OF TOLERANCE**:

We can practice **YELLOW LIGHT SKILLS** when we are out of our **WINDOW OF TOLERANCE** to help us return.

If you are finding yourself in **HYPERAROUSAL (fight or flight)**, here are some skills to try:

## EXERCISE/MOVE!

Try intense exercise like running, jumping, or dancing.

## DRINK COLD WATER OR TAKE A COOL SHOWER

## 5-4-3-2-1 GROUNDING ACTIVITY

- 5 things you see around you
- 4 things you can touch or feel around you
- 3 things you hear
- 2 things you can smell
- 1 thing you can taste

## MINDFUL BREATHING

- Try square breathing: Breathe in for four seconds, hold it in for four seconds, exhale for four seconds, and rest for four seconds. Repeat 3-5 times.
- Try energy ball breathing: Imagine you are holding a small energy ball in your hands and hold it tightly. Take a deep breath in and open up your hands as if the ball of energy is growing very large and hold for three seconds. As you exhale, bring your palms together as that ball of energy is shrinking back down. Exercises like square breathing or energy ball breaths.

If you are finding yourself in **HYPOAROUSAL (freeze)**, here are some skills to try:

## MAKE SMALL GOALS FOR YOURSELF

If you do not feel like doing anything in your day, make small goals for yourself and take little steps to achieve those goals.

## TALK WITH SOMEONE IN YOUR SUPPORT CIRCLE

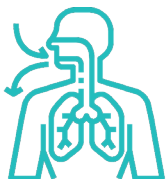
## JOURNAL OR GET CREATIVE BY DOING ART OR PLAYING MUSIC

## ACTIVATE YOUR SENSES

Notice the smells around you, eat a sour piece of candy or spicy food, listen to what is happening in your house or outside, notice the temperature in the room and how it feels on your skin, notice something you haven't noticed before about your surroundings.

# WINDOW OF TOLERANCE

Here are some daily skills to help expand our **WINDOW OF TOLERANCE**:



Breathe



Take care of your body through fuel, movement, and rest



Connect: with other people, with what is most important to you, and to something larger than yourself

HOW ARE YOU FEELING TODAY?

Be aware of how you feel and what's going on around you



Do something you enjoy



Set healthy boundaries



Take medication as prescribed



Be thoughtful about the substances you put in your body



Ask for help when you need it

If you are experiencing difficulty beyond what these skills can help you with, please reach out for help when you need it.

## 24 HOUR RESOURCES:

- CALL 2-1-1 for help and resources in Wisconsin
- CALL 1-800-273-TALK (8255) for the National Suicide Prevention Lifeline
- TEXT 741741 to access the Crisis Text Line