Hyperaroused State Trauma-Informed Care Fight/flight response Emotional reactivity Sweaty palms, increased heart rate Difficulty concentrating Panic, rage Hyper-vigilance Window of Tolerance Optimal Level of Functioning Present, calm and safe Can think and respond clearly Engaged and alert Most of us function best inside our 'window of tolerance.' • When we're above the window (hyperaroused), we can feel Freeze response Lethargic, low energy Numb, lack of emotions Little to no physical movement Zoning out, dissociation Shut down panic, anger, racing thoughts. • Below the window (hypoaroused), we can feel numb, shutdown, disconnected. • AOD use and mental health symptoms can push us in or out of the window. Signs I'm ABOVE the window Signs I'm BELOW the window Three things that bring me back to my window: 3

If I can't get back in the window or feel unsafe, my plan is to:

What I will try this week...