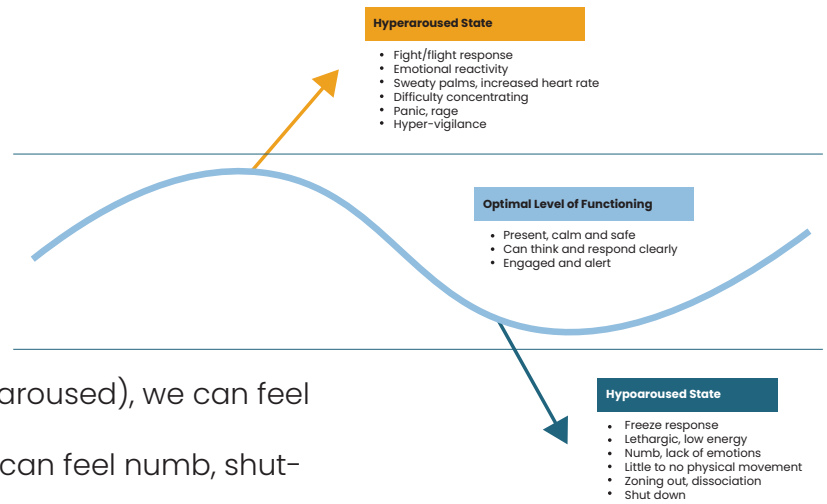


Trauma-Informed Care Window of Tolerance

Most of us function best inside our 'window of tolerance.'

- When we're above the window (*hyperaroused*), we can feel panic, anger, racing thoughts.
- Below the window (*hypoaroused*), we can feel numb, shut-down, 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:

- 1
- 2
- 3

What I will try this week...

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