

# WINDOW OF TOLERANCE

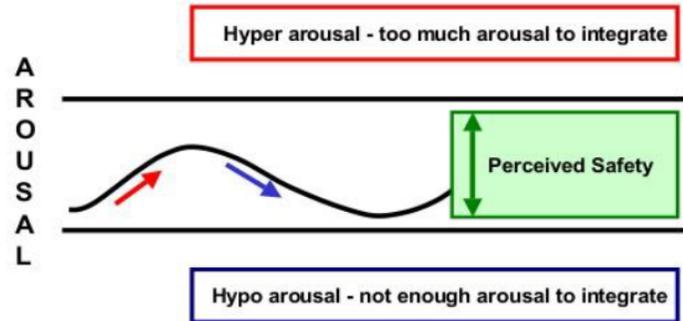
STAYING GROUNDED

Window of tolerance is a term used to describe the zone of arousal in which a person is able to function most effectively. When a person is within their window of tolerance, it is generally the case that the brain is functioning well and can effectively process stimuli. That person is likely to be able to reflect, think rationally, and make decisions calmly without feeling either overwhelmed or withdrawn.

During times of extreme stress, people often experience periods of either hyper- or hypo-arousal. Hyper-arousal, otherwise known as the fight/flight response, is often characterized by hypervigilance, feelings of anxiety and/or panic, and racing thoughts. Hypo-arousal, or a freeze response, may cause feelings of emotional numbness, emptiness, or paralysis.

In either of these states, an individual may become unable to process stimuli effectively. The prefrontal cortex region of the brain shuts down, in a manner of speaking, affecting the ability to think rationally and often leading to the development of feelings of dysregulation, which may take the form of chaotic responses or overly rigid ones. In these periods, a person can be said to be outside the window of tolerance.

## Window of Tolerance



## WINDOW OF TOLERANCE IN THE NEWS

### WINDOW OF TOLERANCE: A SIMPLE TOOL FOR EMOTIONAL REGULATION

CLICK THE CLIP BELOW TO WATCH!



READ MORE...

5 WAYS TO BOOST YOUR RESILIENCE AT WORK