

My Window of Tolerance

Understanding overwhelm, shutdown and emotional regulation.

Important

This resource is for information and self-support. It is not a substitute for therapy, medical advice, emergency care, or a personalised clinical assessment. If there is immediate danger to life, call 999 or go to your nearest A&E.; For urgent mental health support in England, call NHS 111 and select the mental health option.

What is the window of tolerance?

The window of tolerance is a way of understanding when you feel steady enough to think, feel, relate and respond. Stress and trauma can push people above or below this window.

<p>Above my window - hyperarousal Panic, anger, racing thoughts, hypervigilance, agitation, feeling unsafe.</p>	<p>Inside my window Steadier breathing, choice, connection, curiosity, ability to pause.</p>
<p>Below my window - hypoarousal Numbness, shutdown, collapse, exhaustion, disconnection, hopelessness.</p>	<p>The aim Not perfect calm - just enough safety to take the next step.</p>

My signs

<p>Signs I am going above my window:</p> <hr/> <hr/> <hr/> <hr/>	<p>Signs I am going below my window:</p> <hr/> <hr/> <hr/> <hr/>
<p>What pulls me up into overwhelm:</p> <hr/> <hr/> <hr/>	<p>What pulls me down into shutdown:</p> <hr/> <hr/> <hr/>

What helps me return

When I am above my window, I can try: _____ _____ _____ _____ _____	When I am below my window, I can try: _____ _____ _____ _____ _____
People who help me regulate: _____ _____ _____	Places or routines that help: _____ _____ _____

My early action plan

- At 4/10 distress I will: _____
- At 6/10 distress I will: _____
- At 8/10 distress I will contact: _____
- At 9-10/10 or immediate danger I will use urgent help: 999 / A&E; / NHS 111 mental health option.