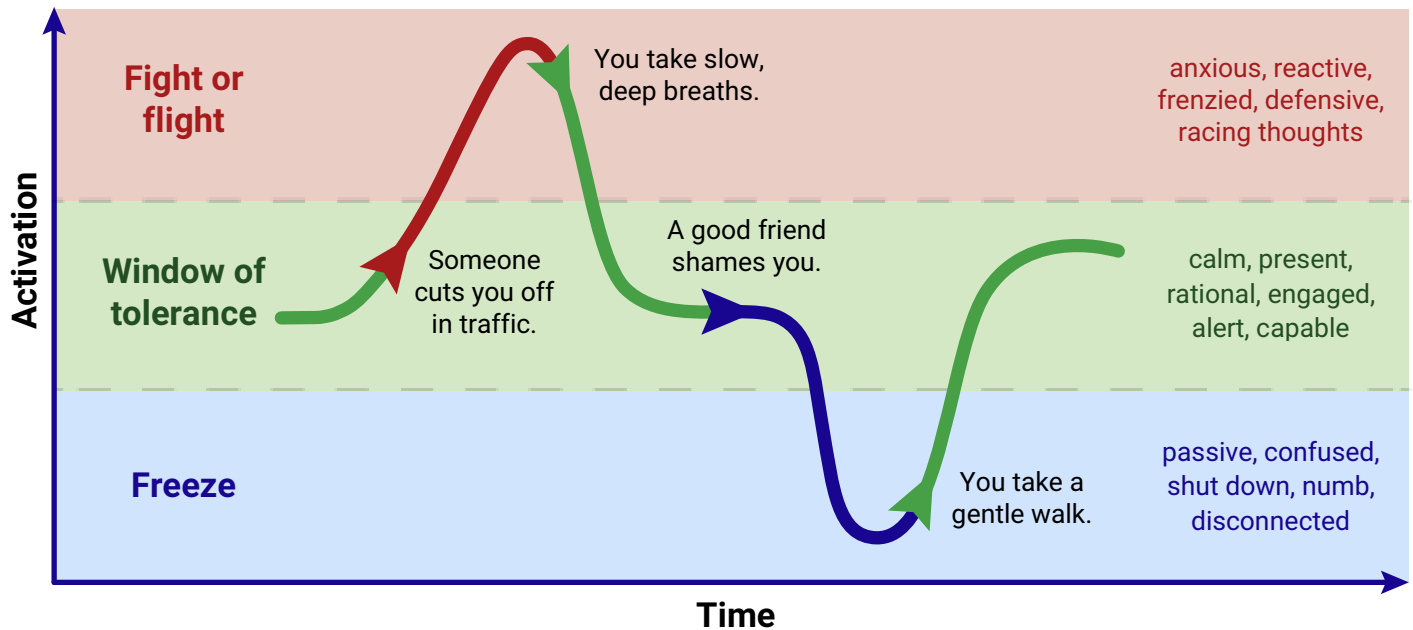


The **window of tolerance** is your nervous system's sweet spot, where you can think clearly, manage your emotions, connect with others, and cope with challenges. But stress can push you outside this window into a fight, flight, or freeze state. When that happens, you can take steps to regain equilibrium.



💡 With practice, you can expand your window of tolerance by adopting certain habits, such as setting healthy boundaries, working through past trauma, and not letting emotions fester.

To get out of FIGHT / FLIGHT	To get out of FREEZE
Slow down, reduce stimulation, signal safety.	Raise energy & stimulation, reconnect to body.
 Take slow, deep breaths.	 Stretch, move gently, or march in place.
 Take a break from what you're doing.	 Splash face with cold water or hold ice.
 Release muscle tension.	 Name 10 things you see around you.
 Dim the lights or close your eyes.	 Turn up the lights or go outside.
 Get away from noise.	 Try a strong scent or flavor (like citrus).
 Say "I'm ok," "I'm safe," or "this will pass."	 Take a warm shower or use a heating pad.
 Listen to calming music.	 Listen to music with a strong beat.