

Hyperarousal zone  
*Too much arousal/activation*

What gets you  
in this zone?

**Window of tolerance**  
Optimal Arousal/  
Activation Zone

What **KEEPS** you  
in this zone?

Clear thinking and manageable feelings at the same time

Hypoarousal Zone  
*Too little arousal/activation*

What gets you  
in this zone?

Window of Tolerance: Tracking your Nervous System