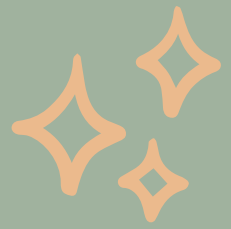


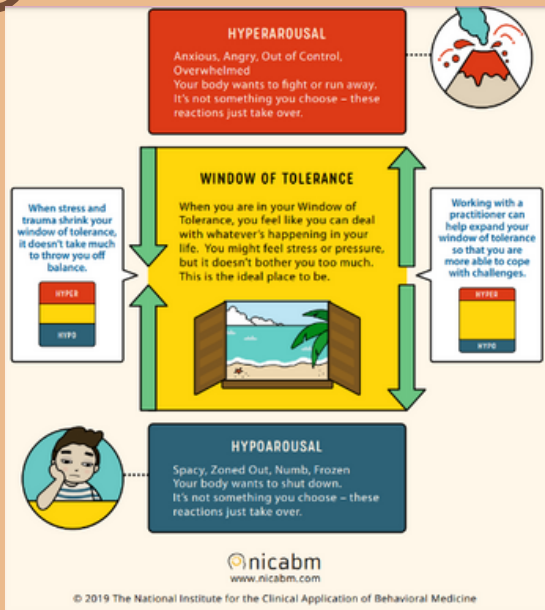
Caregiver Support Corner



February 2024



WINDOW OF TOLERANCE



NOTICE

- ✓ Take note of your own Window of Tolerance. Self-awareness is the first step.
- ✓ What do you need to widen your Window of Tolerance in certain situations?

TO-DO

- ✓ Try to identify the factors that impact your window of tolerance and address them as best as you can. This could include talking with a mental health professional about past trauma or other mental health concerns.
- ✓ Try to learn self-regulation skills to help you move from hyperarousal or hypoarousal back to your window of tolerance.

TO-DO

Everyone's needs are different what works for one person may not work for another. Below are ways to manage your own Window of Tolerance.

- ✓ Try to have enough balance in your daily life to help reduce stress. This includes downtime, sleep time, physical activity, and connecting with others.
- ✓ Try to be mindful of triggers and notice when you're in the space between stimulus and response. Then consider focusing on your needs at that moment to prevent responding in ways that lead to hyper- or hypoarousal.



Drake, Kimberly. "Window of Tolerance: What It Is and More." *Psych Central*, *Psych Central*, 19 Nov. 2021, psychcentral.com/health/window-of-tolerance.