

Expanding Your Window Of Tolerance (WOT)

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Let's settle and soothe...

So...what have you noticed about yourself?

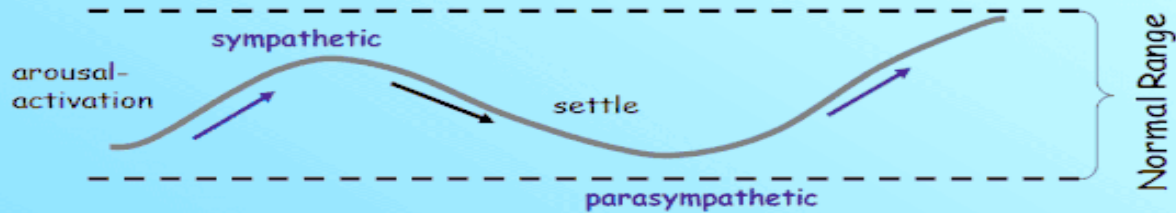
What has been different for you in the last seven months?

This is what we've been hearing



Window of Tolerance or Optimal Safety

A Healthy Nervous System



Source: (Levine, Ogden, Siegel)

WINDOW OF CONTAINMENT

Extreme Stress: Triggered to fight / flee, out of control fear or rage / “Panicky”..... Going to “jump out of my skin” / Coping resources really hard to engage, alone / Enraged and out of control / “I’ve got to get out of here”

Increased Stress: More “*Reactively ACTIVE*”, agitated, anxious, angry but able to control self and “be present”

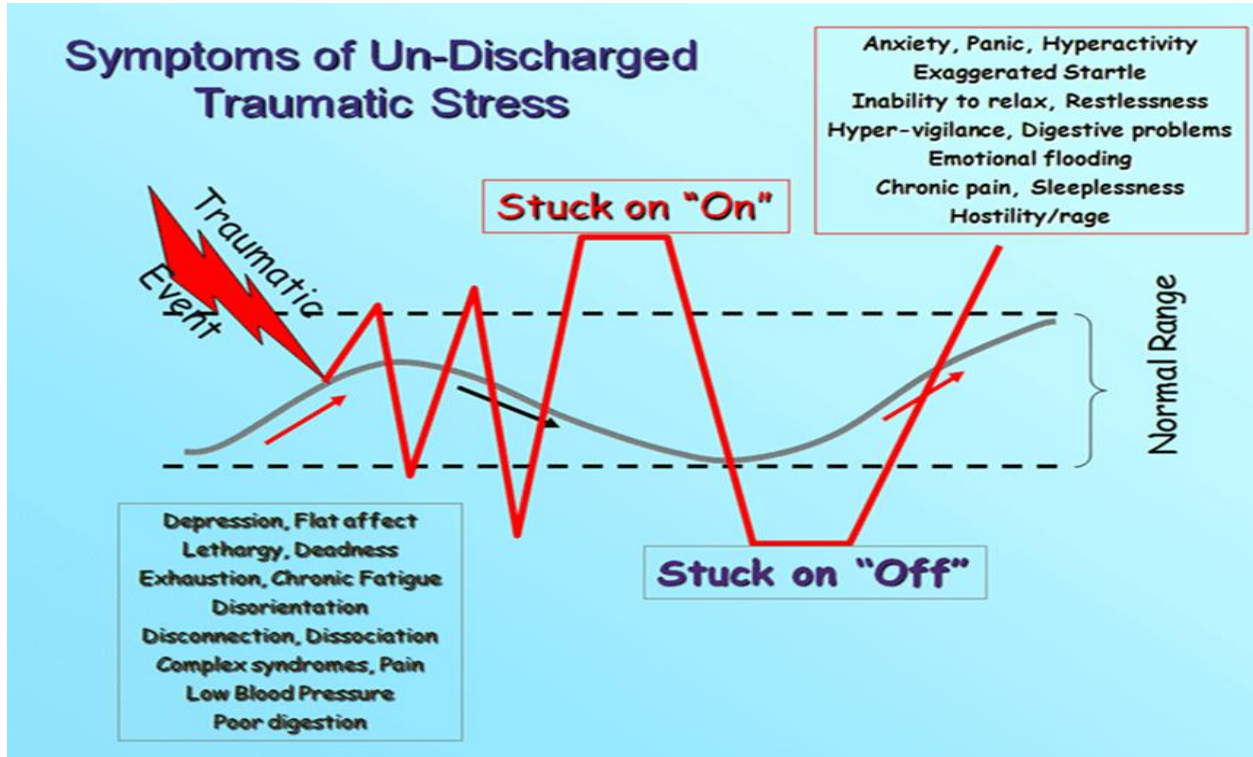
**CONTAINED, CALM, ALERT,
FEELS PRESENT / FEELS SAFE**

Increased Stress: More “*Reactively INACTIVE*”, depressed, spacey, but able to control self and “be present”

Extreme Stress: Triggered to engage automatic survival responses of freezing, numbing/ Not feeling “here”, not feeling “me” / Coping resources are really hard to engage alone / Really low energy, doesn’t seem really present.

Adapted from Candace Saunders, LICSW and based on Pat Ogden’s “Windows of Tolerance”, *Trauma and the Body*

How a pandemic can affect your WOT



Source: (Levine, Ogden, Siegel)

Your WOT is like a bridge



What can you do?

1. Recognize the signs that you are outside of your window
2. Ask yourself, “Where am I and how do I get back to *presence* (calm, curiosity, connectedness)?”
3. Identify tools to help you get back inside your window

Mindfulness

Movement

Mastery

Meaningful relationships

Source: Sue Varma, M.D., P.C., DFAPA

Further Learning

- Dr. Dan Siegel-The Hand Model of The Brain (Youtube)
- Dr. Brené Brown-The Gifts of Imperfection
- Resmaa Menakem, LICSW- My Grandmother's Hands
- Dr. Jon Kabat Zinn-Wherever You Go There You Are
- Dr. Richard Schwartz-Greater Than the Sum of Our Parts
- David Emerson, RYT-200-Overcoming Trauma Through Yoga
- Dr. Tara Brach- True Refuge
- Dr. Kristen Neff – Self-compassion.com
- James Knight- Somatic Movement (Youtube)
- Adrienne Mishler, RYT-200 - Yoga With Adrienne (Youtube)