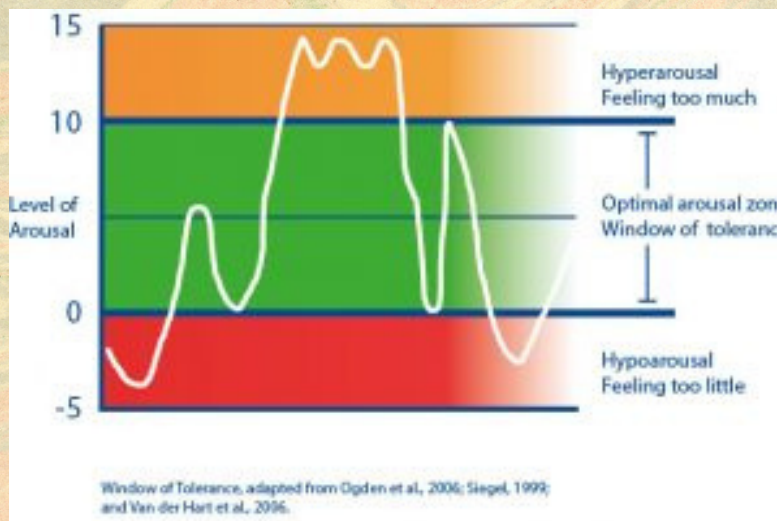


# EMOTIONAL ADULTING

- THE SKILLS YOU DIDN'T GET IN SCHOOL

## WINDOW OF TOLERANCE

**What:** The Window of Tolerance is the zone of arousal in which we are able to function most effectively. In contrast, when we are hyperaroused, we feel excessive activation or energy, often in the form of anxiety, panic, fear, hypervigilance, and emotional flooding. When we are hypoaroused we are shut down or dissociated from our feelings.



**Where:** Do a self-check on your level of arousal anywhere, any time.



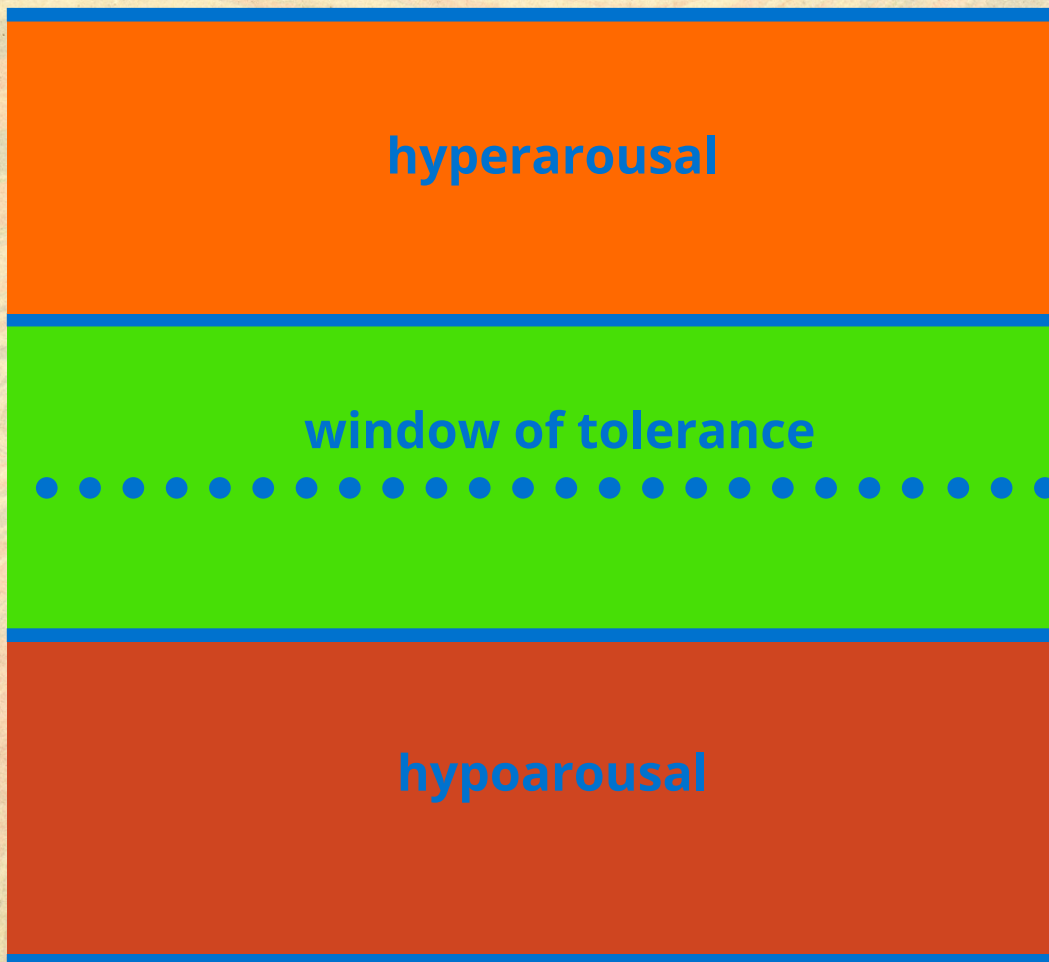
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**Why:** Checking our level of arousal can help manage mood & stress and help us feel in control. The more you check in with yourself, the more you build self-awareness about your feelings. This can help you implement self-care strategies to keep yourself within your window.

**How:** Start to identify your patterns and locate yourself within the model. Graph out your own pattern of arousal and regulation over a day or week using the chart below. Where do you spend most of your time? What throws you out of your window?



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## MOVING TOWARDS

**What:** A practice for emotional modulation, or changing the volume level/intensity of emotions. Moving Towards the WoT is a meta practice in which multiple different techniques can be used, so the more self-regulation skills you learn, the more pathways you will have for getting back to your Window of Tolerance.

**Where:** Initially, it will be easiest to practice Moving Towards the WoT in a quiet space where you have some privacy, if possible. As you develop familiarity with it, you'll be able to take it on the go and use it in a wide range of settings.

**Why:** Moving Towards the WoT helps you manage emotional volume and establish a sense of self-control. It creates a pathway back into the Window of Tolerance and out of the hyperarousal/hypoarousal cycle.



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**How:** To practice Moving Towards the WoT, you will be intentionally lowering or raising your emotional arousal level one step at a time. Creating your own Moving Towards master guide similar to the sample below can help you tailor and organize your approach. Column 2 is for identifying what level you are at through behavioral, emotional, and cognitive cues. Column 3 is for keeping track of the skills and activities that help you incrementally shift toward the WoT.

	Level	Indicators	What Can Help
Hyperarousal	10	e.g. overwhelmed, heart racing, panic, rage, racing thoughts	e.g. grounding, calm place imagery, deep breathing, yoga, walking, music
	9		
	8		
Window of Tolerance	7	e.g. go with the flow, calm, happy, neutral, living, able to work and play	anything which brings nurture, balance, goodness, engagement, and rest to you
	6		
	5		
	4		
Hypoarousal	3	e.g. numb, out of it, disconnected, apathetic, empty	e.g. exercise, connecting to positive sensations, weighted blanket, dancing, gently squeezing yourself
	2		
	1		
	0		

