



HYPER-AROUSAL

here there is too much arousal in the system to take in any new information for change. this can express as a sympathetic nervous system state, fight or flight, or hypervigilance.



MAY SHOW UP AS...

- faster speech & over analyzing
- energy in extremities with less energy in the core of the body
- non-rhythmic movements
- anxiety or overwhelm
- difficulty slowing down or taking a break

working with a somatic practitioner can support in expanding the window of tolerance, widening the capacity to remain resourced in the face of challenge and in coming back more quickly from dysregulation.

THE WINDOW OF TOLERANCE

here there is empowerment and balance in the face of life's difficulties. comparable to a ventral-vagal nervous system state, or the regulated expressions of sympathetic (active) and dorsal (relaxed). this window is an expression of the balancing point that exists for us as humans between body, mind and spirit in relation to life experience.



WAYS TO EXPAND THE WINDOW

- digest trauma or difficult life experiences slowly over time
- intentionally introduce rhythm into your life through music, movement or routine
- bring awareness to what causes dysregulation, lack of balance or triggers
- look around and verbalize what you see in the present moment in order to come back to here and now
- bring attention to the things in your life which help you to feel at ease, happy and empowered

experiences of stress or trauma can shrink the window of tolerance, making it easier to be thrown off balance. one's sense of safety and empowerment may be damaged, which can be strengthened again!

HYPO-AROUSAL

here there is too little arousal in the system to take in new information for change. this can express as a dorsal vagal shut-down state, or freeze in the nervous system.



MAY SHOW UP AS...

- an "I can't" body stance
- a sense of giving up or collapse
- spaciness or numbness
- heaviness or lack of energy
- lack of feeling or language
- depression or dissociation
- a sense of discouragement