

Window of Comfort

(or Window of Tolerance)

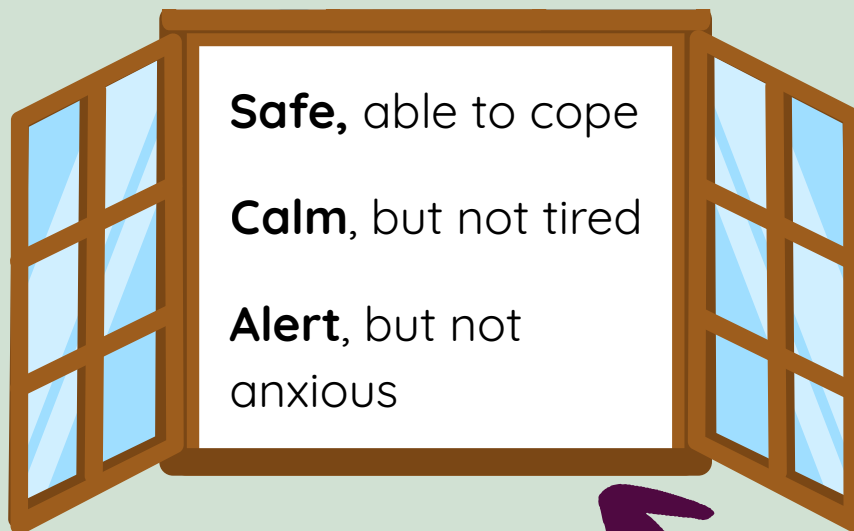
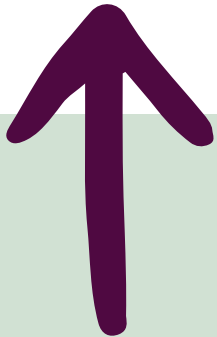


overstimulated (can't calm down)

anxious, panicky, agitated, or angry



in your body: fast heartbeat, sweating, hyperventilating (breathing very fast), or shaky



Safe, able to cope

Calm, but not tired

Alert, but not
anxious

**You want
to be here**



understimulated (shutting down)

exhausted, depressed, withdrawn, no motivation or enthusiasm. No energy to deal with your feelings, or might not feel anything at all.



in your body: “switching off”, don’t want to move, just sleep or be still