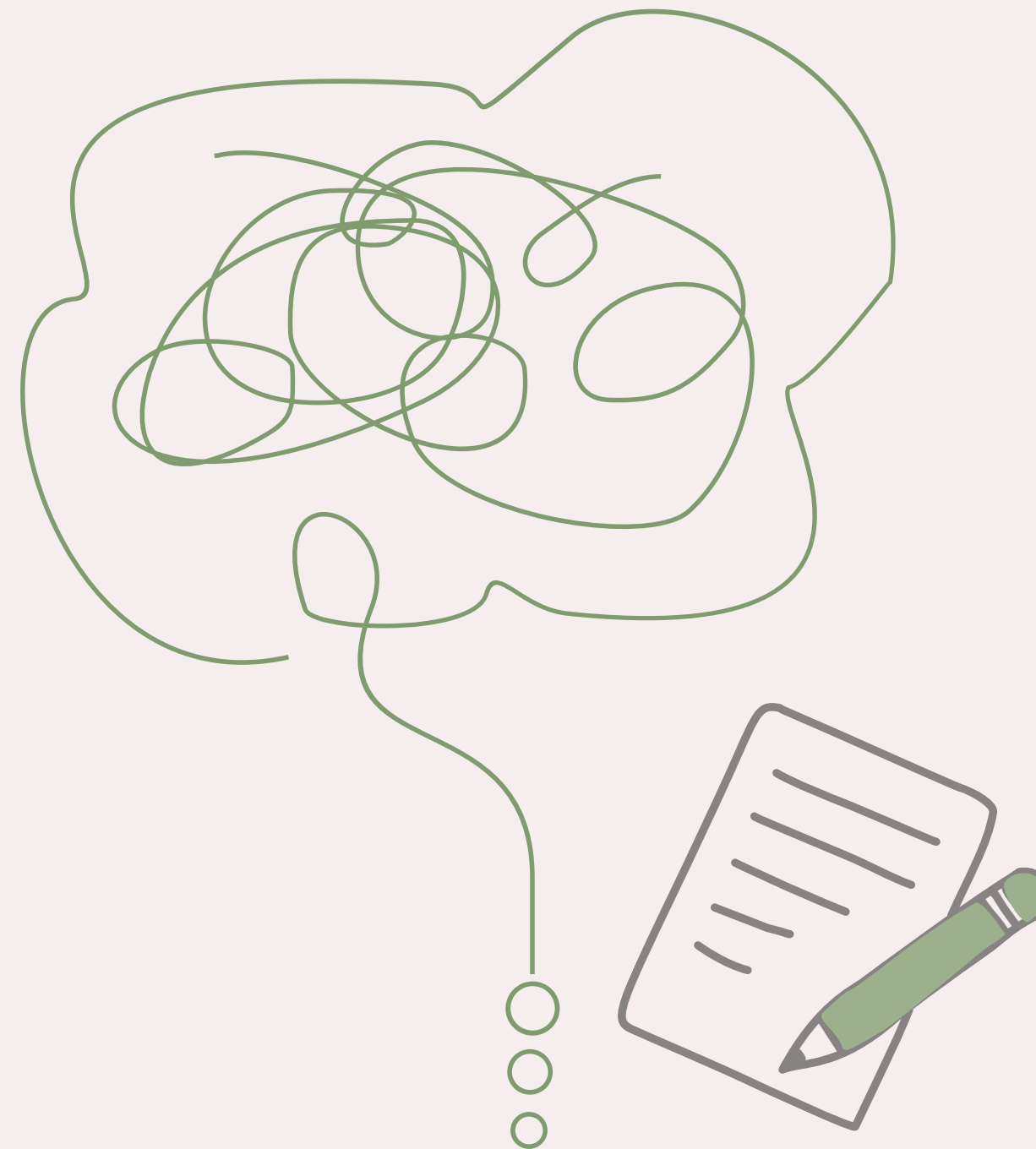


# the Window of Tolerance 7 day Tracker

A TOOL TO HELP IDENTIFY &  
REGULATE YOUR  
RESPONSES TO STRESS



YOUR STORY

The Window of Tolerance describes the zone in which you can cope with everyday stress while staying grounded and present, able to access reason and process emotions.

### THE ZONES

Optimal Zone: You feel balanced, able to think clearly and respond rather than react. Your breathing is normal, you feel safe, comfortable and relaxed.

Hyperarousal: Your system is in “fight or flight” mode. You might feel anxious, overwhelmed, restless or irritable. You may be shaky with increased heart rate.

Hypoarousal: Your system is in “freeze.” You may feel numb, shut down, tired or disconnected. You might feel faint, slower thoughts and on auto pilot.

- Tracking which zone you are in each day can help you to notice patterns and triggers.
- You can begin to recognise early signs of leaving your optimal zone. You can learn to apply coping skills throughout the day to bring yourself back into balance and expand your window.
- Using a tracker can help you reflect, spot patterns and increase your self-awareness around your own Window of Tolerance.

You can use the following table to track your emotional state each day making a note of when you are in:

**Hyperarousal** (high anxiety/overwhelm)

**Optimal Zone** ( and regulated)

**Hypoarousal** (low energy/numb).

Add notes or observations, if helpful.

day	Hyperarousal	Optimal Window	Hypoarousal	Notes/Observations
1				
2				
3				
4				
5				
6				
7				

Use this space to reflect on any patterns you observed this week.

You can make a note of coping strategies that worked or any insights about your emotional state.

Remember, no one is ALWAYS in their optimal window.

**But stress and trauma can shrink our window of Tolerance.**

The goal is to expand it over time so you can experience increased self-regulation throughout the day, more capacity and function more effectively in daily life.

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**If you need further support  
please get in touch:**

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**YOUR STORY**