



Hyperarousal

(of the sympathetic nervous system)

Fight, Flight, or Freeze! - In this state we may feel anxious, enraged, tense, restless. Thoughts can get scrambled as our executive functioning (our thinking brain) shuts down.

Down-regulation strategies

- mindfulness & grounding exercises
- breath work (slower, deeper)
- calm, even vocal tone, pitch & pace
- yoga / meditation / visualisation
- calming music



Window of Tolerance

Thoughts, feelings and sensations are integrated and our nervous system is operating optimally. When our system is in its Window of Tolerance, we can still experience stress, but we don't feel overwhelmed by it



Hypoarousal

(of the parasympathetic nervous system)

Shut-down! - In this state, often triggered by emotional overwhelm, we may feel numb, lethargic, or depressed, with no energy or desire to move or engage with others

Up-regulation strategies

- mindfulness & grounding exercises
- breath work (energised / connected)
- vocal prosody (pitch, tone, rhythm)
- movement / engaged posture