

THE WINDOW OF Tolerance

TRAUMA EXPLAINED IN REAL LIFE ♡

Trauma shrinks the window.
Healing expands it. ♡

Our window of tolerance is the zone where we can handle life. Trauma shrinks that window, making it harder to stay regulated.

*It's not about fixing yourself—
it's about expanding your capacity. ♡*

Why does this happen? ♡

When we experience trauma, our nervous system is trying to protect us. It learns to react faster to keep us safe, but that can keep us stuck outside of our window more often.

TOO MUCH: HYPERAROUSAL

Fight / Flight / Overwhelm

Anxiety, panic, racing thoughts, anger, irritability, feeling unsafe

I feel out of control.



IN THE WINDOW: OPTIMAL AROUSAL

The Sweet Spot ♡

Calm, present, connected, able to think clearly, emotionally regulated, resilient, flexible

I feel safe enough to be me.



TOO LITTLE: HYPOAROUSAL

Freeze / Shutdown / Numb

Numbness, dissociation, fatigue, depression, brain fog, feeling disconnected

I feel nothing or disconnected.



Signs you've left the window:

-  Overwhelmed, on edge, panicky, angry, reactive
-  Numb, tired, zoned out, unmotivated
-  Disconnection, shame, "not myself"

Gentle Reminder ♡

You're not broken. Your nervous system is doing its job. Be patient. Be kind. Keep coming back to yourself.



How to Support Your Window ♡

TOOLS NOT FIXES ♡



Regulate your nervous system daily



Practice grounding & mindfulness



Build safety in your body & relationships



Give yourself grace & time



Do things that fill your cup (really fill it)

You can widen your window. One small step at a time. Healing isn't linear, but it is possible. ♡

TRAUMA IS NOT YOUR FAULT, BUT HEALING IS YOURS. ♡ YOU ARE WORTH THE WORK. ♡

Calyx

COUNSELING, LLC