

# Window of Tolerance & Polyvagal Reset

Hyper-arousal (fight/flight: fast, tense, panicky)
Window (best thinking, flexible coping)
Hypo-arousal (freeze/shut-down: numb, foggy)

## Why it helps

We think and cope best inside our 'window'. Stress can push us above it (hyper-arousal: panic, racing thoughts) or below it (hypo-arousal: numb, shutdown). Naming where you are and using small resets helps you come back into the window.

## Check-in

Ask: "Too high? Too low? Or within my window?" Notice breath, muscle tension, speed of thoughts, and urge to withdraw or react.

## Resets (pick one for 60–120 seconds)

- Long exhale: inhale 4, exhale 6–8
- Humming or gentle song
- Grounding touch (hand to chest)
- Orient: name 3 things you see
- Temperature reset: cool wrists/neck

## Plan ahead

My top two resets: \_\_\_\_\_

Safe person/service I can contact: \_\_\_\_\_

Note: These tools support — not replace — professional care. If you feel unable to keep yourself safe, call 999 (UK) or your local emergency number.