

## "HyperArousal Zone"

*Too much arousal to integrate*

Sympathetic Nervous System

*Fight/Flight response*

- Emotional overwhelm
- Feeling unsafe
- Impulsivity
- Anger/Rage
- Defensiveness
- Racing thoughts

- Emotional reactivity
- Hypervigilance
- Intrusive imagery
- Obsessive/cyclical cognitive processing
- Tension, shaking, ungrounded
- Poor judgement

Visible Agitation

## "Window of Tolerance"

*Optimal arousal zone*

Ventral Vagal Nerve

*Calm/Cool/Collected/Connected*

- Feel & think simultaneously
- Ability to feel empathy
- Present moment awareness
- Feel safe
- Feel open & curious

- Ability to self-soothe
- Ability to regulate emotional state
- Access to intuition & insight
- Awareness of boundaries (yours & others)
- Relaxed, calm, alert

Shut Down

## "HypoArousal Zone"

*Too little arousal to integrate*

Parasympathetic Nervous System

*Immobilisation response*

- Flat affect, no energy
- Inability to think clearly
- Numbing
- Collapse
- Feeling disconnected, no feelings
- Can't defend oneself or say no

- Dissociation
- Shut down
- Passive
- Ashamed
- Withdrawing/isolating oneself
- Hopelessness