

# Hyper-arousal

**Feels like:**

Fight / Flight, Panic, Distress,  
Shaking hands, Racing Heart and  
Mind, Breathing Difficulty

**Self-care Strategies:**

Mindfulness, Breathing

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# Window of tolerance



**Feels like:**

Clarity of Mind, Adaptive Stress Response

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# Hypo-arousal



**Feels like:**

Freeze, Depression, Numbness,  
Emptiness, Hopelessness,  
Withdrawal

**Grounding Strategies:**

Movement, Sensory Stimulation

