Somatic Clarity
COACHING

The Window of Tolerance

A simple way to understand how your nervous system responds to everyday stress, so you can build more capacity, choice and resilience.



Somatic Clarity
COACHING

Recognising Your Patterns

Notice how each state might show up for you — in your body, emotions, thoughts and behaviours.

Hyperarousal
(Above the Window)

- Tense, wired or restless
- Anxious or irritable
- Racing thoughts
- Feeling under pressure
- Urge to fight, fix or escape

Regulation
(Within the Window)

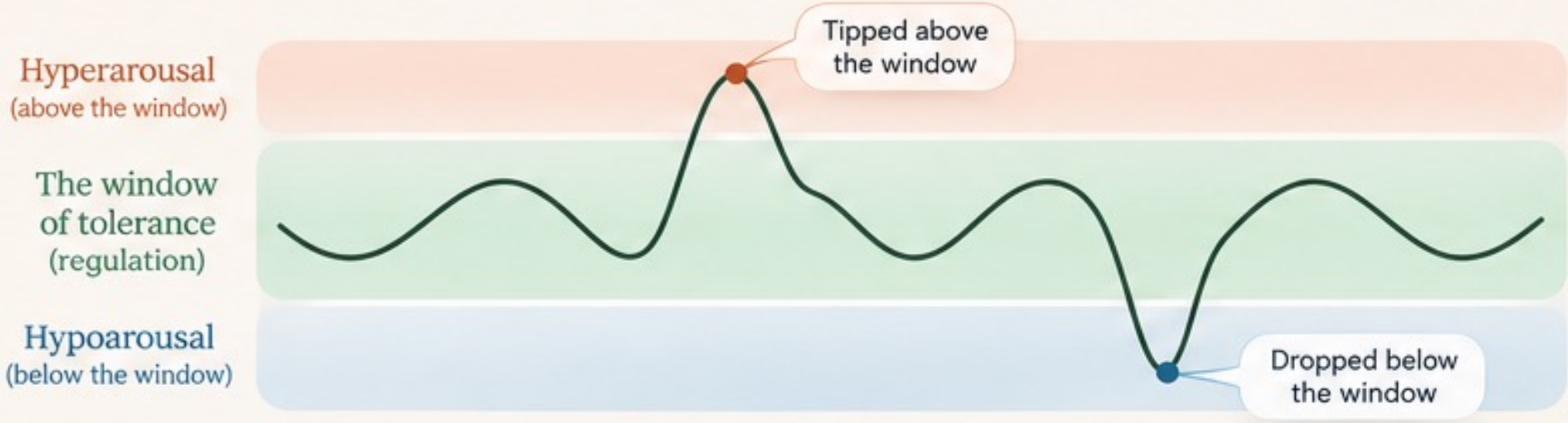
- More settled and present
- Able to feel emotions without being overwhelmed
- Clearer thinking
- More choice in how you respond
- Connected and engaged

Hypoarousal
(Below the Window)

- Low energy or shutdown
- Numb, flat or disconnected
- Foggy or unmotivated
- Withdrawing or going "blank"
- A sense of distance from yourself or others

The Nervous System in Motion

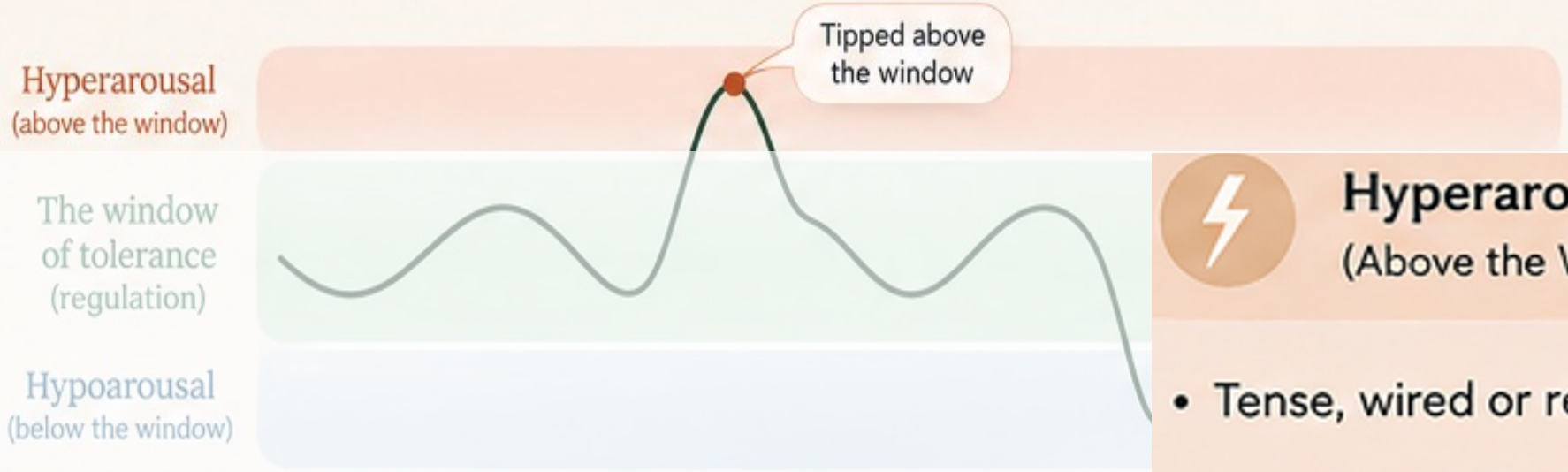
We naturally move between different states throughout the day.



Ups and downs within the window are normal. Stress can push us above it, or drop us below it.

The Nervous System in Motion

We naturally move between different states throughout the day.



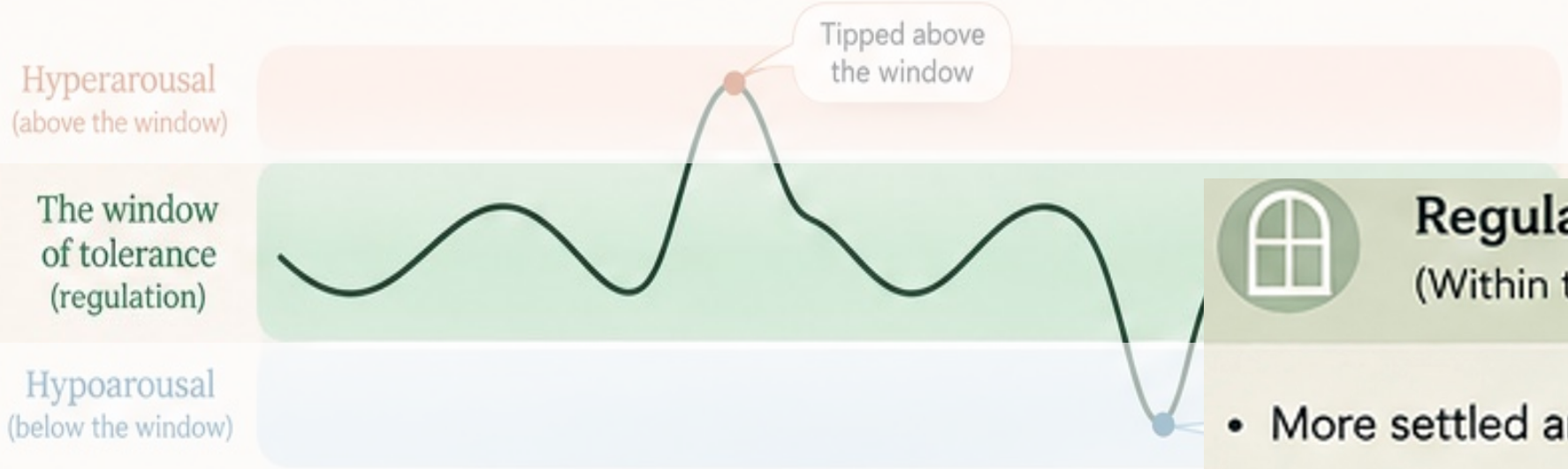
Ups and downs within the window are normal. Stress can push us above it,

Hyperarousal
(Above the Window)

- Tense, wired or restless
- Anxious or irritable
- Racing thoughts
- Feeling under pressure
- Urge to fight, fix or escape

The Nervous System in Motion

We naturally move between different states throughout the day.



Ups and downs within the window are normal. Stress can push us above it, or

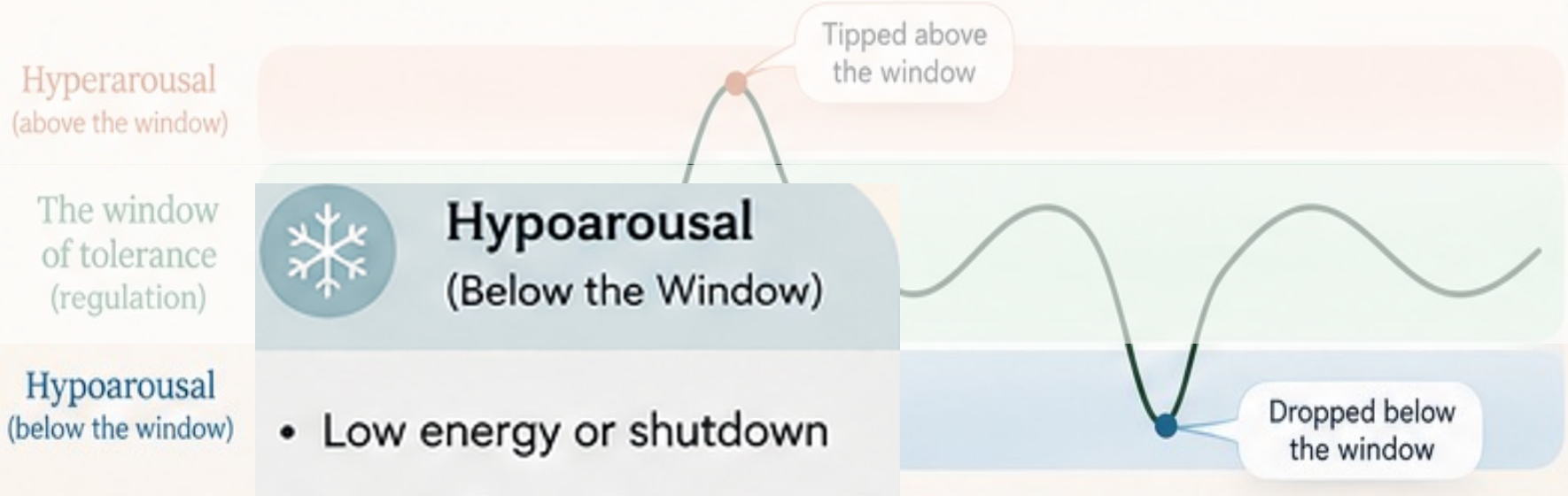
Regulation

(Within the Window)

- More settled and present
- Able to feel emotions without being overwhelmed
- Clearer thinking
- More choice in how you respond
- Connected and engaged

The Nervous System in Motion

We naturally move between different states throughout the day.



Hypoarousal
(Below the Window)

- Low energy or shutdown
- Numb, flat or disconnected
- Foggy or unmotivated
- Withdrawing or going "blank"
- A sense of distance from yourself or others

Ups *an push us above it, or drop us below it.*

Somatic Clarity
COACHING

A Closer Look for You



How do you notice when you're moving outside your window?



What do you notice in your body before the thoughts take over?



What might help you come back into your window more quickly?



What becomes possible when you have more capacity and choice?

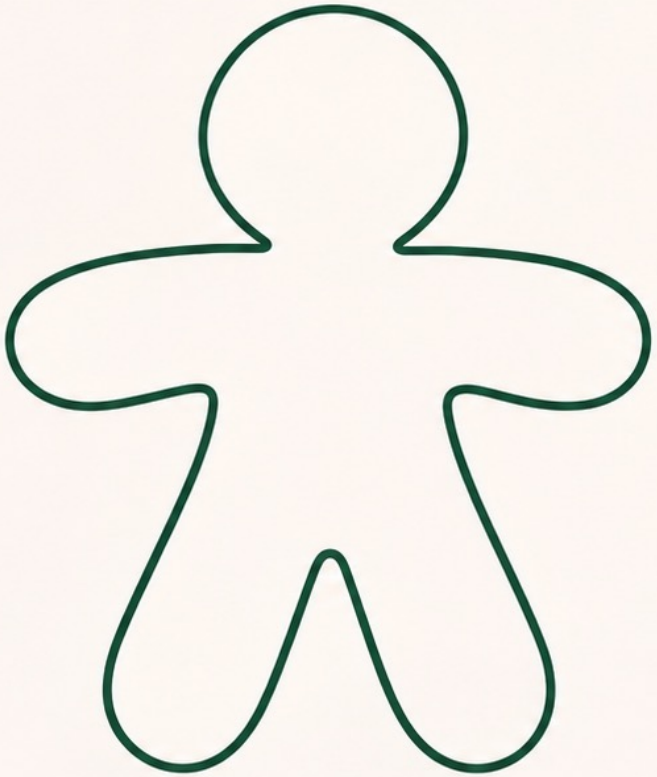
Ways to Support Your Regulation

- ✓ Slow your breath
- ✓ Notice and name sensations
- ✓ Orient to your surroundings (look, listen, feel)
- ✓ Ground through movement (e.g. a walk, stretch, nature)
- ✓ Offer yourself kindness and curiosity

Somatic Clarity
COACHING

Map Your Experience

Use this outline to notice and track what happens in your body in each state.



Try this:

- Notice where you feel sensations
  (e.g. tight, warm, heavy, fluttery, numb).
- Use colours to show different sensations
  (e.g. red = tension, blue = numb, yellow = warmth).
- Add words, emotions or body cues
  (e.g. fast heartbeat, tight chest, shut down).



www.somaticclarity.com
louise@somaticclarity.com