



Build and maintain academic resilience

# Your Window of Tolerance

## Hyperarousal

- Overwhelmed
- Aggressive, anxious
- Racing thoughts, fidgety

- Relaxation techniques
- Grounding activities
- Music, meditation

## Window of tolerance

- Calm + neutral
- Motivated
- Productive



## Hypoarousal

- Numb + tired
- Empty
- Disconnected

- Exercise, dancing
- Create positive experiences