

Hyperarousal

Symptoms/behaviors of hyperarousal:

- Overreacting
- Racing thoughts
- Activated trauma
- Difficulty focusing



Down Regulation Strategies

- Mindfulness
- Grounding
- Breath work
- Stretching
- A weighted blanket
- Calming scents

Window of Tolerance

- The optimal state physically, emotionally, spiritually
- Feeling connected to others, ideas, and work
- Curious, attuned, calm, joyful, energized
- Ability to self-soothe, rest, and digest



Hypoarousal

Symptoms/behaviors of hypoarousal:

- Shallow breathing
- Negative self-talk
- Isolating from others
- Avoiding activity
- Doom scrolling



Up Regulation Strategies

- Mindfulness
- Breath work
- Physical exercise
- Laughter
- Social engagement