

WINDOW OF *Tolerance*

When you are in hyperarousal or hyperarousal, these are some things you can do to help regulate your body back to its optimal state.

STRESS MANAGEMENT

Deep Breathing: Simple deep breathing exercises are available in meditation apps (such as Insight Timer) or on YouTube.

Mindful Awareness: Practice the mind-body scan. This practice involves paying attention to the parts of the body and bodily sensations in a gradual sequence from feet to head. There are a lot of these on YouTube as well.

Visualization Techniques: Imagine yourself in a calm and peaceful environment. Find somewhere to be that is truly a place of joy and happiness.

STRENGTHEN RESILIENCE

Reframing Challenges: Reframe setbacks as either opportunities for growth and learning, or part of suck of life. There is often a silver lining in any challenge, and it's upto you to find it.

Build Connections: Use your social platforms to engage with others, connect with people in your community who have similar interests, join a group (in person or virtual) where some of your interests are. (Eg: hiking)

Set Goals: Take time each year to set goals for yourself in your career or business, and in your personal or family. Take that goal and break it down into actionable steps with a timeline.

MIND BODY CONNECTION

Progressive Muscle Relaxation: Research surrounds muscle relaxation exercises, in which you tense and release muscle groups to reduce physical tension and promote relaxation. This has been shown to reduce stress-related symptoms. YouTube is a great resource for this.

Meditation: I love meditation. I have 809 consecutive days of meditation. I use the Insight Timer app, connect with me there if you join.

Biofeedback Techniques: This would be your Garmin, Apple Watch or Fitbit. These devices and/or apps provide real-time feedback on things like heart rate variability or overnight body temperature.

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This worksheet is designed to apply all of the practices above to everyday life.

Imagine starting your day with a simple practice like deep breathing. Picture yourself taking slow, deliberate breaths, fully focusing on the inhale and exhale as a way to center your mind and body. It's a gentle reminder to pause and reconnect with yourself amidst the hustle and bustle of daily life.

And then, as the day unfolds, you might find yourself in need of a moment to release tension. That's where body scan meditation comes in handy. You take a few minutes to gradually scan your body, from head to toe, noticing any areas of tightness or discomfort. With each breath, you consciously release that tension, allowing yourself to relax more deeply.

But let's say you're on the move, perhaps walking between meetings or running errands. That's when mindful walking becomes your go-to practice. With each step, you tune into the sensations in your feet touching the ground, the rhythm of your movement, and the sights and sounds around you. It's a way to bring mindfulness into motion, even in the midst of a busy day.

And when you feel like you're losing touch with the present moment, grounding techniques can help. You engage your senses—touch, sight, sound, taste, and smell—to anchor yourself in the here and now. Whether it's feeling the texture of an object in your hand, savoring a cup of tea, or listening to the sounds of nature, these simple acts can bring you back to center.

Then, as the day winds down, you might find solace in a guided visualization. You close your eyes and picture a calming scene or scenario in your mind, allowing yourself to be transported to a place of peace and tranquility. It's a gentle reminder that, even amidst life's challenges, you have the power to create moments of calm and serenity within yourself.

And throughout it all, practices like journaling, progressive muscle relaxation, gratitude reflection, and affirmations serve as additional tools in your toolbox for nurturing your well-being and cultivating a positive mindset. Each one offers a unique way to connect with yourself and cultivate a sense of inner peace and resilience, even in the face of life's ups and downs.