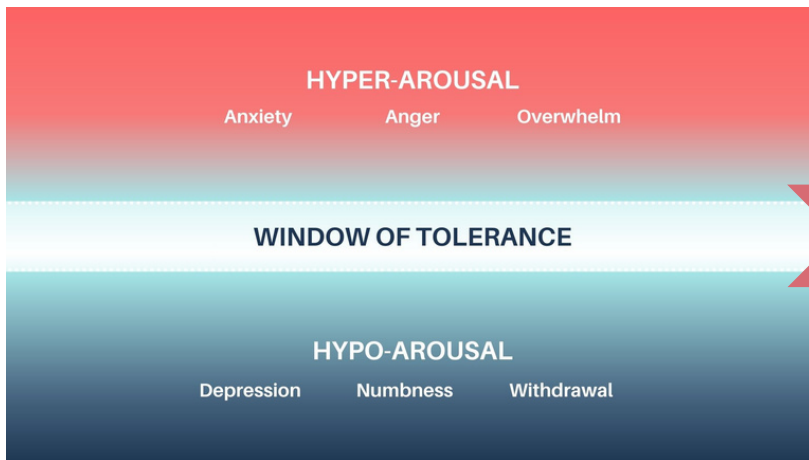


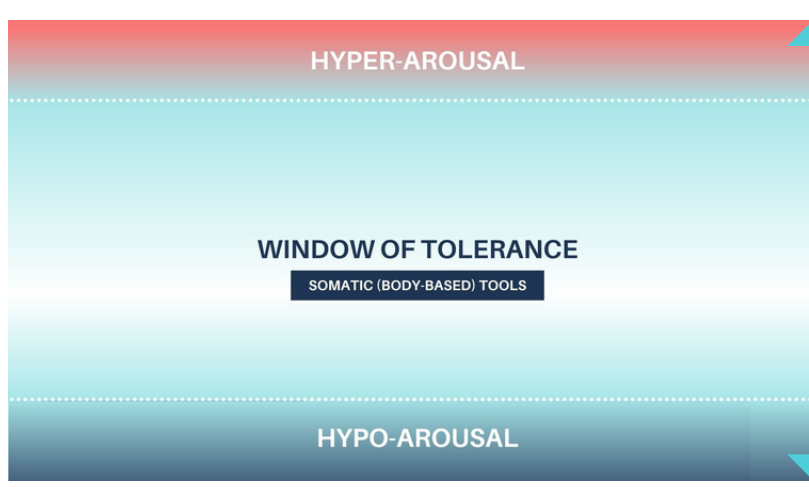
MEET YOUR WINDOW OF TOLERANCE



When you are in your Window of Tolerance, you feel more resilient and capable of handling whatever happens in life. You may feel the pressure or stress, but it doesn't bother you too much. This is an ideal place to be.



Stress and overwhelm (acute or chronic) shrink your window of tolerance. You feel imbalanced, under-resourced, and the littlest thing can set you off.



Learning to regulate your nervous system through body-based practices and training mental equanimity (through non-reactivity) expands your window of tolerance. You feel that you are more able to cope with difficulty.

