

# HYPERAROUSAL

ANXIETY PANIC FEAR – ANXIOUS, ANGRY, OUT OF CONTROL, OVERWHELMED – WANT TO FIGHT OR FLEE.

- NAME IT: IDENTIFY THAT YOU ARE ACTIVATED
- BAKE OR COOK
- DIM LIGHTS
- SET A 20 MINUTE TIMER
- DON'T USE SCREENS
- GIVE YOURSELF HUG OR GET A HUG
- DEEP BREATHS – LONG SLOW DEEP – LONGER EXHALE
- SHOUT, SCREAM, SHAKE, HUM
- CALMING MELLOW MUSIC
- GENTLE YOGA
- FIDGET TOY
- LAVENDER SCENT
- CLOSE EYES AND BE STILL
- MUSCLE RELAXATION
- VIGOROUS MOVEMENT
- COLDEST SHOWER YOU CAN STAND
- WEIGHTED BLANKET
- MAKE A VOICE NOTE AND GET IT ALL OUT
- TALK TO SAFE PERSON
- LEGS UP ON A WALL

# WINDOW OF TOLERANCE

SOCIALLY ENGAGED, CAN COPE, CALM, ALERT, COHERENT, RELAXED – CALM BUT NOT TIRED, ALERT BUT NOT ANXIOUS. CAN LEARN NEW INFORMATION.

# HYPOAROUSAL

DEPRESSION DISSOCIATE FATIGUE, SPACEY, ZONED OUT, NUMB, FREEZE

- NAME IT: IDENTIFY THAT YOU ARE IN UNDERSTIMULATION
- CITRUS OR PEPPERMINT SCENT
- MOVE: RAISE YOUR HEART RATE
- WATCH LOUD MUSIC VIDEO WITH LYRICS ON SCREEN
- USE A SCENT YOU HAVE EMOTIONAL CONNECTION TO
- FAST BREATHING
- LIGHTS ON
- EAT SOME FOOD
- IDENTIFY SENSATIONS IN YOUR BODY
- POWERFUL MUSIC
- LENGTHEN SPINE
- PRESS FEET INTO GROUND
- TAP INTO A PASSION
- STAND UP
- DISSOCIATION = USE SENSES & GROUNDING & BODY (BREATH INTO YOUR FEET)
- GARGLE
- DANCE, SHAKE, JUMP
- MOVE AROUND
- TAP CHEST, LEGS, ARMS, AND FACE

