

Dr Dan Siegel's Window of Tolerance (1999)

When triggers or stressors cause a reaction that sends us into hyperarousal we may see behaviours such as aggression, hitting out, blaming and shaming. Our body's natural reaction here has entered into a fight or flight mode.

Hyperarousal

Hypervigilance, panic, anxiety, or agitation.

When stress and trauma occur our optimal arousal zone becomes much smaller

Optimal arousal

Appropriately responsive and emotions regulated.

Our fluctuating stress levels will naturally go up and down throughout the day depending on the stressors we encounter. Whilst in the optimal arousal zone we are functioning at our best. Stressors may occur but these don't bother us as much.

When we enter the hypo arousal zone we may zone out and become unresponsive. Our body's natural reaction here is freeze mode. Just like the fight or flight mode, we cannot control which reaction we will have. Our brains will naturally take over.

Hypo arousal

Poor self care, numb to emotions, shut down, reduced physical movements.

Believe in children



Barnardo's

A version for children can be found here: <https://www.charissafry.com/wp-content/uploads/Animals-of-Regulation-Color-Charissa-Fry.pdf>

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