

ADRENALINE AND SWITCHED ON

Anger, aggression, hypervigilance, inability to relax, chronic pain, emotional flooding

HYPER AROUSAL

How might I feel or act when I am in this stage?

What are my warning signs I might be moving into **HYPER**?

WINDOW OF TOLERANCE

Grounded, flexible, calm, curious, present, emotionally self-regulate

How might I feel or act when I am in this stage?

What are my warning signs I might be moving into **HYPO**?

DRAINED AND SWITCHED OFF

Exhaustion, disconnected, chronic fatigue, disengagement, depressed

HYPO AROUSAL

How might I feel or act when I am in this stage?