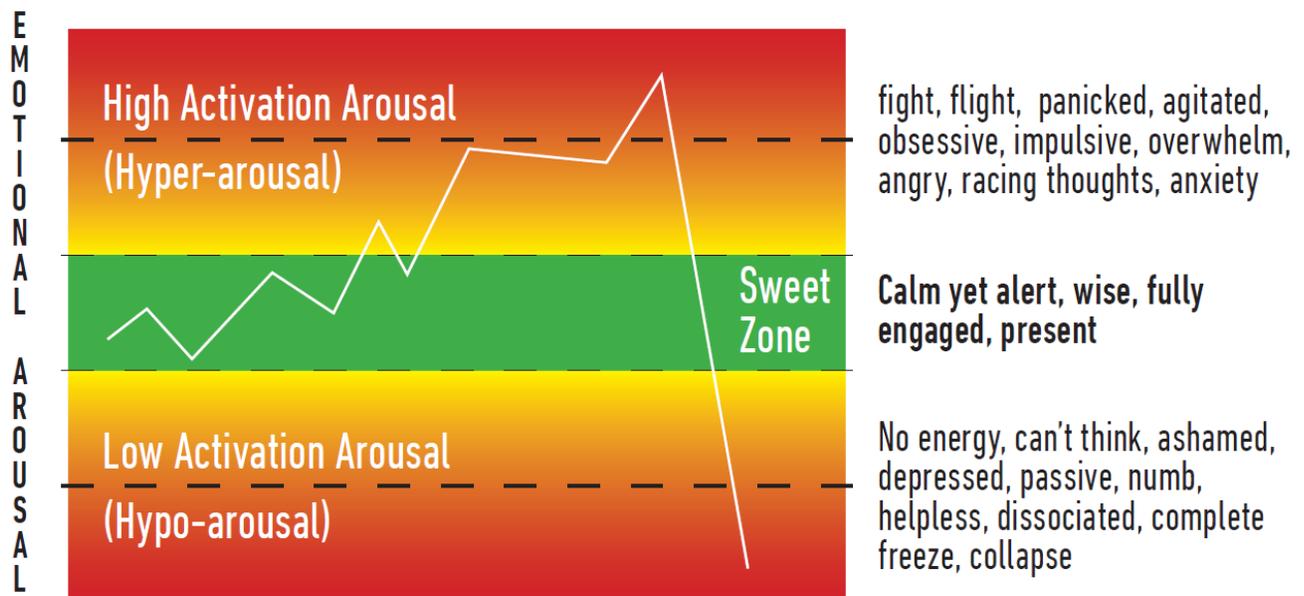


# THE WINDOW OF TOLERANCE FRAMEWORK (WTF)

Adapted from Siegel, Ogden and Minton



The Window of Tolerance is an emotional band. It illustrates the degree of emotional experience we can tolerate without becoming completely dysregulated.

In the green zone we are grounded, centered, connected with our sense of compassion and able to access our thinking brain. As we become stressed we can get activated, climbing up in our window or we can start to withdraw or shut down moving towards the bottom of our window. We can still function fairly effectively within the window however the closer we get to the edges the less we are consciously present and the more reactive or non-reactive we become. If we move completely out of our window, we will have disconnected from the thinking brain and we are likely to say and do things we regret later.

The WTF is a useful tool to use to check in with ourselves continuously throughout the day, monitoring our emotional state in real time. We can make moment to moment adjustments using the PRN Framework to Pause, Reset and Nourish. This will help regulate our nervous system and bring us closer into our green zone, fostering our own resilience and wellbeing. Our body is a good barometer for our stress level, so checking in often helps.

This tool is similar to the [Mental Health Continuum](#) which also uses colors to help assess physical, emotional, and cognitive states. Both tools help us identify, in any given moment, our emotional state and provide an opportunity to utilize a PRN strategy to regulate our nervous system. The Mental Health Continuum can also help us identify patterns over time, e.g. staying in a color other than green for 2 weeks or more, noticing that certain situations move us on the continuum etc. In using the continuum we can identify responses/behaviours that we engage in when struggling with our mental health. If we find that we are moving out of the green, PRN tools can support us, particularly in the yellow zone. If we find we are moving towards orange/red, extra support beyond our own strategies may be valuable. It is important to reach out and connect to further help. The strategies and resources that move us towards green provide key learning. For example, many of us are living with a mental illness "in the green zone". Living with a mental illness doesn't confine us to red. Using our PRN tools helps us to live "in green".