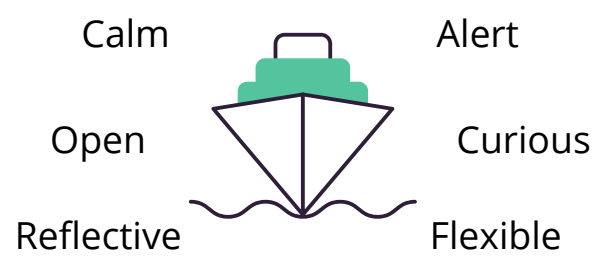




Hyperarousal

Weathering the Clouds of Chaos

- Breathe with a shorter inhale & longer exhale
- Ground yourself with your surroundings
- Eat and drink more mindfully
- Tense and relax different body parts
- Warm shower, dimmed lights & gentle music



Window of Tolerance

Sailing through the Clear Ocean

- Recognise and plan for your triggers
- Make time for rest & flow activities
- Connect with others
- Healthy diet, exercise & sleep



Hypoarousal

Avoiding the Shores of Rigidity

- Breathe with a longer inhale & shorter exhale
- Schedule more physical activities
- Set achievable goals with small steps
- Crunchy food and pungent aromas
- Cold shower, brighter lights & faster music

