

FACT SHEET: **WINDOW OF TOLERANCE & SOCIAL ENGAGEMENT**

Survival Mode	HYPERAROUSAL (Wired up)		<p style="text-align: center;">SYMPATHETIC NERVOUS SYSTEM</p> <p><u>Increases</u> Blood Pressure, Heart Rate, Adrenaline, Oxygen Circulation to Vital Organs, Pupil Size</p> <p><u>Decreases</u> Fuel Storage, Insulin Activity, Digestion, Salvation, Relational Ability, Immune Response, Bone Formation</p>
	FIGHT Rage, Anger, Irritation, Frustration	FLIGHT Panic, Fear, Anxiety, Worry and Concern	
<p>When clients feel unsafe rational thinking can go “offline” and strong feelings (e.g., anger, frustration or anxiety) can take over. When this happens, it is important to focus on a client’s feeling of safety and address any triggers. The intention is to assist the client move back into their window of tolerance.</p>			
Window of Tolerance	SOCIAL ENGAGEMENT (Rest & Digest)		<p style="text-align: center;">PARASYMPATHETIC NERVOUS SYSTEM – VENTRAL VAGAL</p> <p><u>Increases</u> Digestion, Intestinal Motility, Immune Response, Rest and Recuperation, Circulation to Non-Vital Organs (skin, extremities), Oxytocin (neuromodulator involved in social bond) Ability to Relate and Connect</p> <p><u>Decreases</u> Defensive Responses. Also allows blood pressure, pupil size and circulating oxygen to return to normal levels</p>
	<p>In the Present, Grounded, Empathy, Openness, Compassion, Mindful</p> <p style="text-align: center;"><i>All parts of the brain are “on-line” and integrated</i></p> <p>This is the mind frame we want our family law clients to be in – feeling safe, showing insight, mindfulness, and empathy. When they are wired up or in a shut-down response, it is difficult for them to engage in cognitive or rational thinking.</p>		
Survival Mode	IMMOBILISATION – HYPOAROUSAL (Shut Down)		<p style="text-align: center;">PARASYMPATHETIC NERVOUS SYSTEM – DORSAL VAGAL</p> <p><u>Increases</u> Fuel Storage & Insulin Activity, Endorphins that help numb and raise the pain threshold</p> <p><u>Decreases</u> Heart Rate, Blood Pressure, Temperature, Muscle Tone, Facial Expressions, Eye Contact, Intonations, Awareness of the Human Voice, Social Behaviour, Immune Response</p>
	<p>Dissociation, Numbness, Depression, Shame, Shut Down, Hopelessness</p> <p>Clients may shut down when having to recall painful stories about past trauma or otherwise when traumatic memories are triggered. It is important to help clients “reconnect” with their surrounds when this occurs. A trauma history may need to be taken over several sessions to lessen the risk of a shut-down response.</p>		