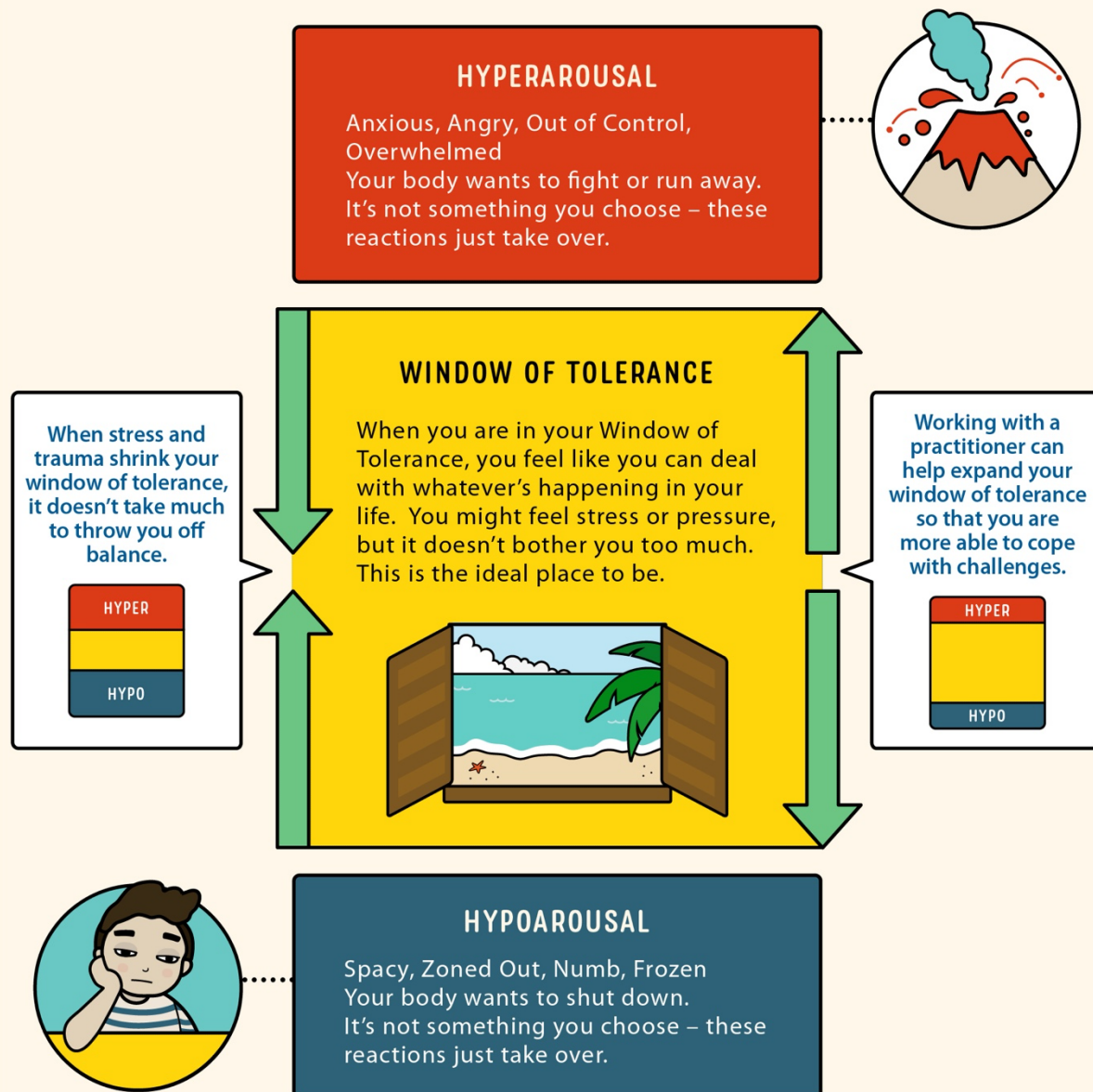


Practices for Returning to the Window of Stress Tolerance¹

1. **BREATHING:** +2 breathing is when you breathe out approximately 2 seconds longer than you breathe in. The Center for Child & Family Well-Being (CCFW) recorded a [+2 breathing audio file](#) to help you practice.
2. **MOVEMENT:** Movement and short bursts of activity can boost energy and decrease fatigue. The [Whole U](#) offers a great selection of ideas for how to be active and provides a variety of movement-based classes for UW community members. In addition, [UW Recreation has reopened the IMA Building](#) on a limited basis for students.
3. **PROGRESSIVE MUSCLE RELAXATION:** By breathing in and tightening muscles and then breathing out and relaxing them, you can help soothe anxiety and promote restful sleep. CCFW recorded an [8-minute progressive muscle relaxation guided session](#) for you to try.

¹ Practices drawn from the Be REAL curriculum (courtesy of CCFW). Be REAL is a free 6-week skills group for UW students. Contact bereal@uw.edu to learn more.

How Trauma Can Affect Your Window Of Tolerance



nicabm

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² Stress tolerance infographic from [NICABM](https://www.nicabm.org/)