College of the Environment Professional Development Session: **Resilience & Well-Being for Graduate Students**

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 <u>+2</u> breathing audio file to help you practice.
- 2. **MOVEMENT:** Movement and short bursts of activity can boost energy and decrease fatigue. The <u>Whole U</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, <u>UW Recreation has reopened the IMA Building</u> 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 <u>8-minute progressive muscle relaxation guided session</u> 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

HYPERAROUSAL

Anxious, Angry, Out of Control, Overwhelmed Your body wants to fight or run away. It's not something you choose – these reactions just take over.



When stress and trauma shrink your window of tolerance, it doesn't take much to throw you off

balance.

HYPER HYPO

WINDOW OF TOLERANCE

When you are in your Window of Tolerance, you feel like you can deal with whatever's happening in your life. You might feel stress or pressure, but it doesn't bother you too much. This is the ideal place to be.



Working with a practitioner can help expand your window of tolerance so that you are more able to cope with challenges.





HYPOAROUSAL

Spacy, Zoned Out, Numb, Frozen Your body wants to shut down. It's not something you choose – these reactions just take over.

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² Stress tolerance infographic from NICABM