

MY WINDOW OF TOLERANCE

WHAT IS A WINDOW OF TOLERANCE?

THIS IS WHAT SITS INSIDE YOUR ABILITY TO COPE WITH STRESS AND WHAT SITS OUTSIDE YOUR ABILITY TO COPE WITH STRESS.

WHAT DOES BEING INSIDE MY WINDOW OF TOLERANCE FEEL LIKE?

- CALM
- RELAXED
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INSIDE MY WINDOW OF TOLERANCE (WHAT MAKES ME FEEL GOOD)

- READING
- CALM PLACES
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WHAT DOES BEING OUTSIDE MY WINDOW OF TOLERANCE FEEL LIKE?

- ANGRY
- OVERWHELMING
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OUTSIDE MY WINDOW OF TOLERANCE (WHAT MAKES ME FEEL BAD)

- LOUD PLACES
- BAD SMELLS
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