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Ways To Use

THE WINDOW OF TOLERANCE



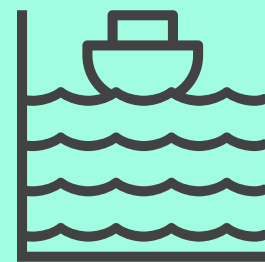
Understand when to self-regulate and utilize grounding techniques



Identify early indicators of anxiety and body shut down



Utilize the Window of Tolerance to better respond to crisis and conflict at work



Ride the waves and capitalize while in your optimal zone