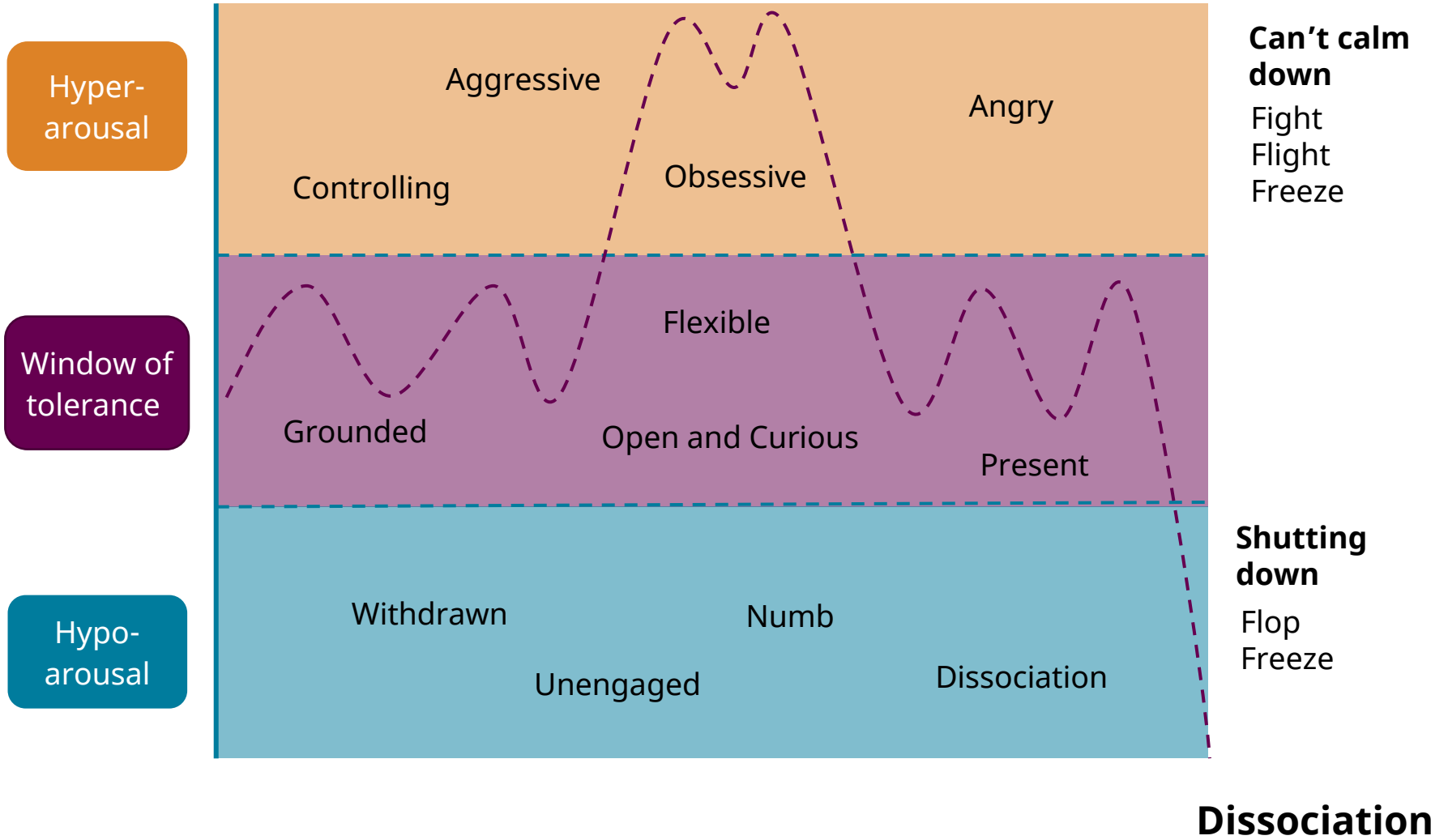


Understanding emotional regulation

The window of tolerance

Window of Tolerance



Becoming dysregulated



Hyper-arousal

- a heightened state of alertness and hypervigilance.
- This relates to our survival instincts Fight, flight, and freeze.
- When in this space someone may feel anxious, frightened and angry.
- Behaviour can appear, aggressive, obsessive, anxious and controlling.

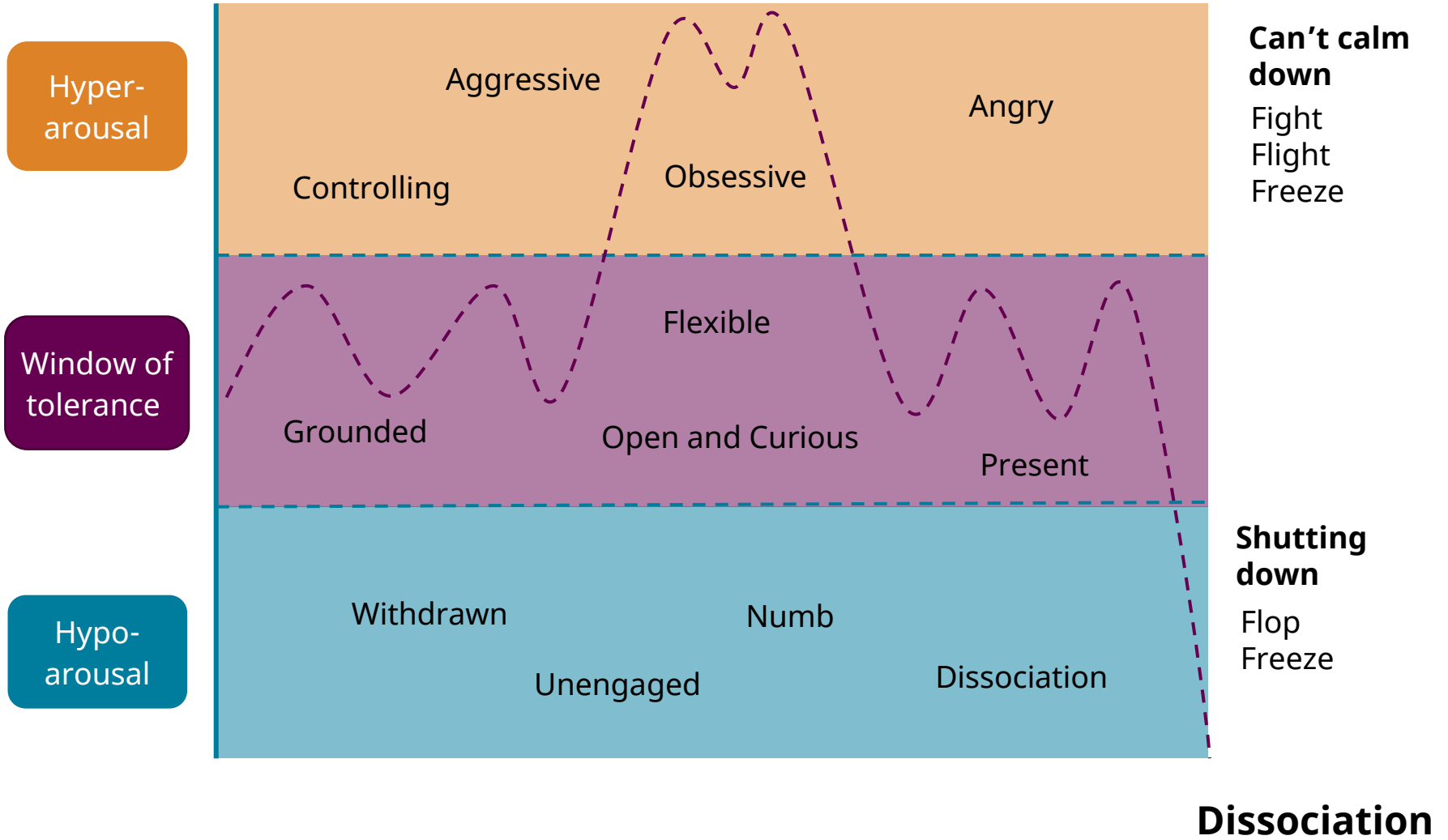
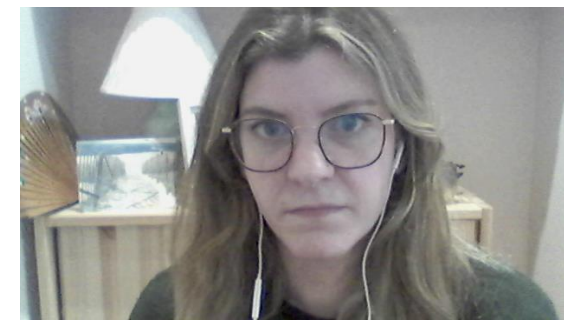
Becoming dysregulated



Hypo-arousal:

- the body slows down.
- This relates to our survival instinct flop and freeze.
- People in this zone may feel empty, numb and shut down, and may appear withdrawn and unengaged.

Window of Tolerance



Why is this important?

The window of tolerance is a tool that can be applied to understand anyone's behavioral responses and emotional regulation. It can be particularly helpful when working with young people experiencing homelessness because:

Brain development- at as young people's brains are remodeling, they may be more reliant on the lower limbic regions of their brains. This means that their survival brain-attached to flight, fight freeze and flop responses- may be more readily activated.

Complex trauma people who have experienced early trauma often have a reduced window of tolerance.



Calming the storm: connecting to feelings



- ✓ Be aware of your **non-verbal communication** (tone of voice, facial expressions, posture, gesture, and timing) to indicate that you are not a threat, and the space is not threatening.
- ✓ Prioritise **creating emotional safety**: acknowledge feelings of distress, remain calm and empathise with the feelings of the young person.
- ✓ Be **actively alongside** the young person, affirm their thoughts, experiences and perceptions.

It is also worth being aware that different forms of dysregulation may require different responses.



When someone is in a state of hyper-arousal or hypervigilance strategies should focus on calming down the nervous system, for example through using grounding techniques such as breathing exercises.



When someone is in a state of hypo-arousal or is shutting down strategies should involve bringing energy into the room or space, and attention centering techniques..



Thanks for listening!

Read more about youth development:

www.homeless.org.uk/knowledge-hub/understanding-young-peoples-development/

Understanding young people's development: a guide for homelessness services

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