

Each Mind Matters Social Media Posts

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What can we do when we find ourselves outside our window of tolerance? Save these #selfcare tip sheets for next time you need some help recentering.
#MentalHealthAwarenessWeek

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What can we do to return to our window of tolerance? Here are some small actions to help restore our mental well-being: For hyperarousal: Try reducing ambient noise and distractions. Find a way to release energy like taking a brisk walk or cleaning a space in your home. For hypoarousal: Do things to help yourself get grounded in your body and nature. Try a breathing exercise, sitting in sunlight, or gardening. Save these self-care tip sheets for next time you need help recentering.

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#EachMindMatters #mentalhealth #mentalhealthawarenessweek #mentalhealthawareness #mentalwellness #healthandwellness #stress #selfcare

How are you feeling now?

<p>CONFUSED</p> <ul style="list-style-type: none"> Uncertain Unsure Perplexed Indecisive Embarrassed Lost 	<p>SAD</p> <ul style="list-style-type: none"> Depressed Dejected Heavy Crushed Weepy Frustrated 	<p>STRONG</p> <ul style="list-style-type: none"> Certain Secure Empowered Powerful Bold Determined
<p>ANGRY</p> <ul style="list-style-type: none"> Annoyed Agitated Irritated Livid Bitter Resentful 	<p>ENERGIZED</p> <ul style="list-style-type: none"> Determined Inspired Motivated Focused Refreshed Invigorated 	<p>HAPPY</p> <ul style="list-style-type: none"> Amused Delighted Grateful Pleased Content Enthusiastic

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1/3 THREAD: "Window of Tolerance": The window of tolerance is where we process and respond to the stressors and demands of everyday life. When we are in this window, we can think and make decisions without feeling overwhelmed.

2/3 But when we are exposed to extreme stress or trauma, we are put outside our window of tolerance and our brains and bodies respond by sending signals to either Fight, Flight or Freeze. These reactions mean we are hyperaroused or hypoaroused.

3/3 Everyone's window of tolerance is different. Tomorrow we'll learn to recognize hyperarousal/hypoarousal and how to practice #selfcare to get back into the window of tolerance.

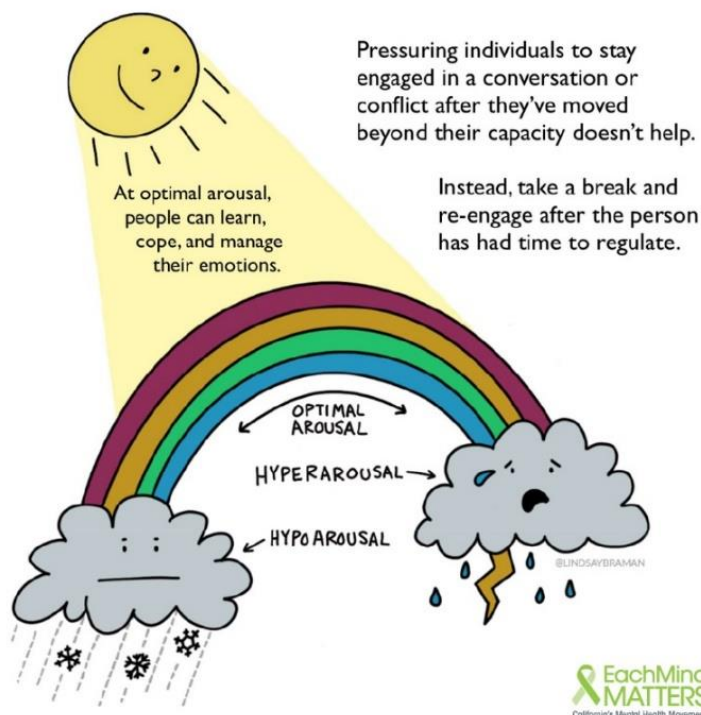
Facebook

We all have a "window of tolerance" where we can process and respond to the stressors and demands of everyday life. In this window, we can think and make decisions without feeling overwhelmed. But when we are exposed to extreme stress or trauma, our brains and bodies respond by sending signals to either Fight, Flight or Freeze. When you're outside the window - either hyperaroused or hypoaroused - the prefrontal cortex isn't able to function in a way that lets us think clearly and deal with life in an effective way. Everyone's window of tolerance is different.

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1/2 When we get out of our window of tolerance, small changes can help us return to balance. The first step is to recognize whether you (or the person you're helping) is hyper- or hypoaroused.

#MentalHealthAwarenessWeek

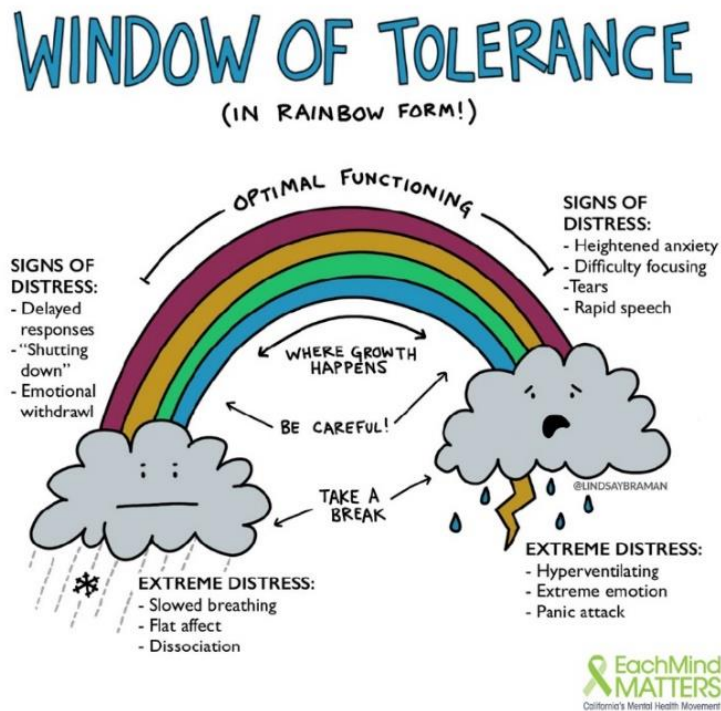
2/2 Someone experiencing hyperarousal may feel anxiety, panic or even anger. Hypoarousal can look like withdrawal or having trouble keeping up with self-care.

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Telling someone to “cheer up” can actually make them feel worse. Dismissing someone's feelings makes them feel unheard and doesn't allow them to process what they're going through. Learn more about toxic positivity and how to avoid it: <https://wapo.st/3mUqJO4>

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Telling someone to “cheer up” can actually make them feel worse. It can be hard to sit with someone who is hurting, but rushing to dismiss someone's feelings makes the person feel unheard and doesn't allow them to process what they're going through. In fact, learning to accurately label, experience and talk about negative emotions instead of pushing them aside leads to better mental health. Learn more about “toxic positivity” and how to avoid it:

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