



The window of tolerance for stress

Stress is inevitable. How we react to it can depend on many things, like whether we're hungry, tired, in pain, afraid, overwhelmed, or confused. Some days we can effectively manage many stressors at once and other times a seemingly minor stressor can trigger a fight, flight, or freeze response.

How wide or narrow our threshold for stress is can be referred to as our "Window of tolerance". Everyone's window of tolerance can increase or decrease at any time. Recognizing your reaction to stress can help you manage and cope with emotions that arise or know when to reach out for support. Once you're aware of how you're reacting to stress, you may be able to increase your window of tolerance.

Visit the *Workplace Strategies for Mental Health** website to review the [The window of tolerance \(for stress\)](#) page. You will learn how to recognize your window of tolerance, and practical strategies to expand or get back into your window of tolerance, such as:

- Take a short breath
- Orient yourself to time and space
- Splash water on your face