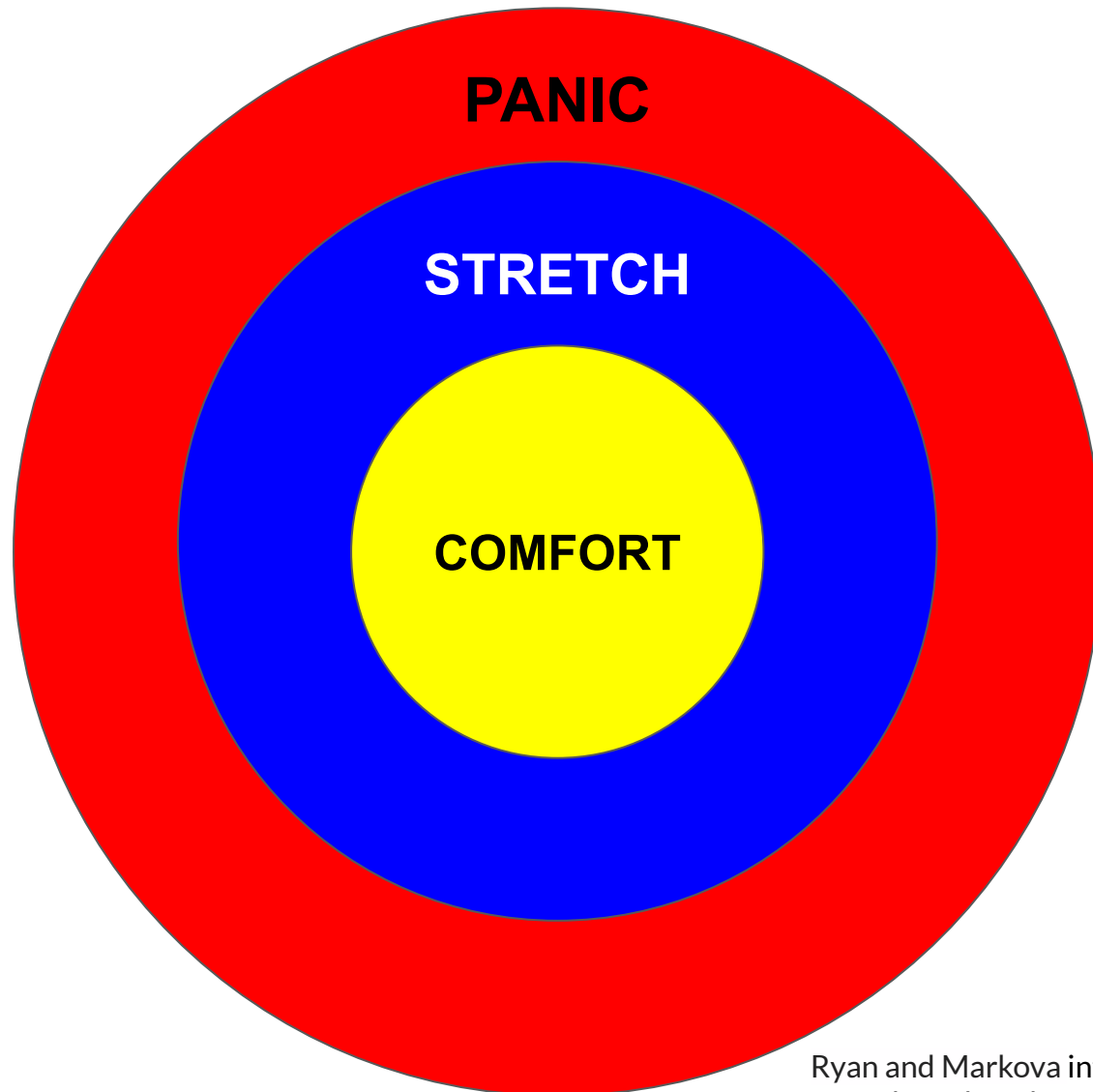
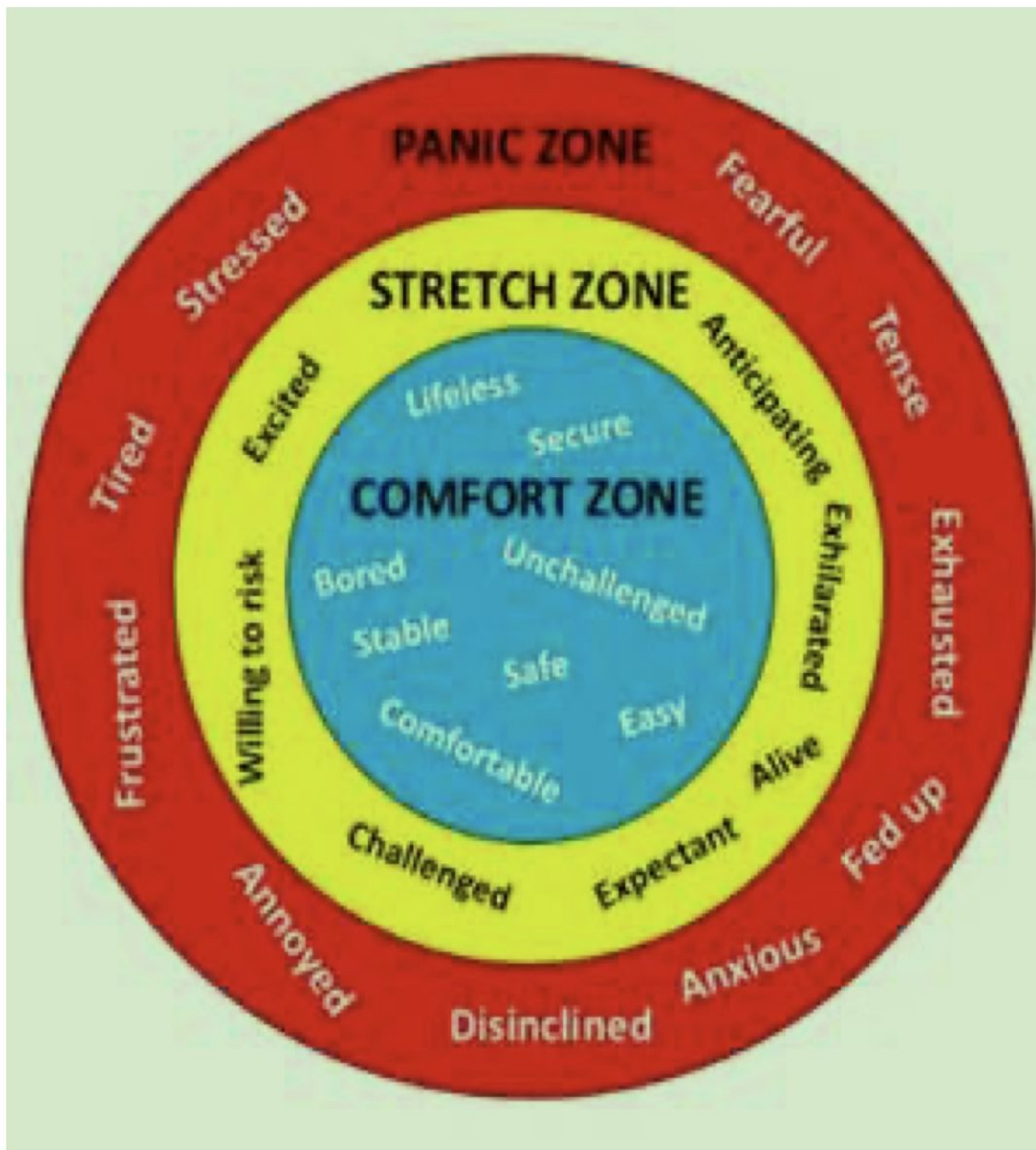


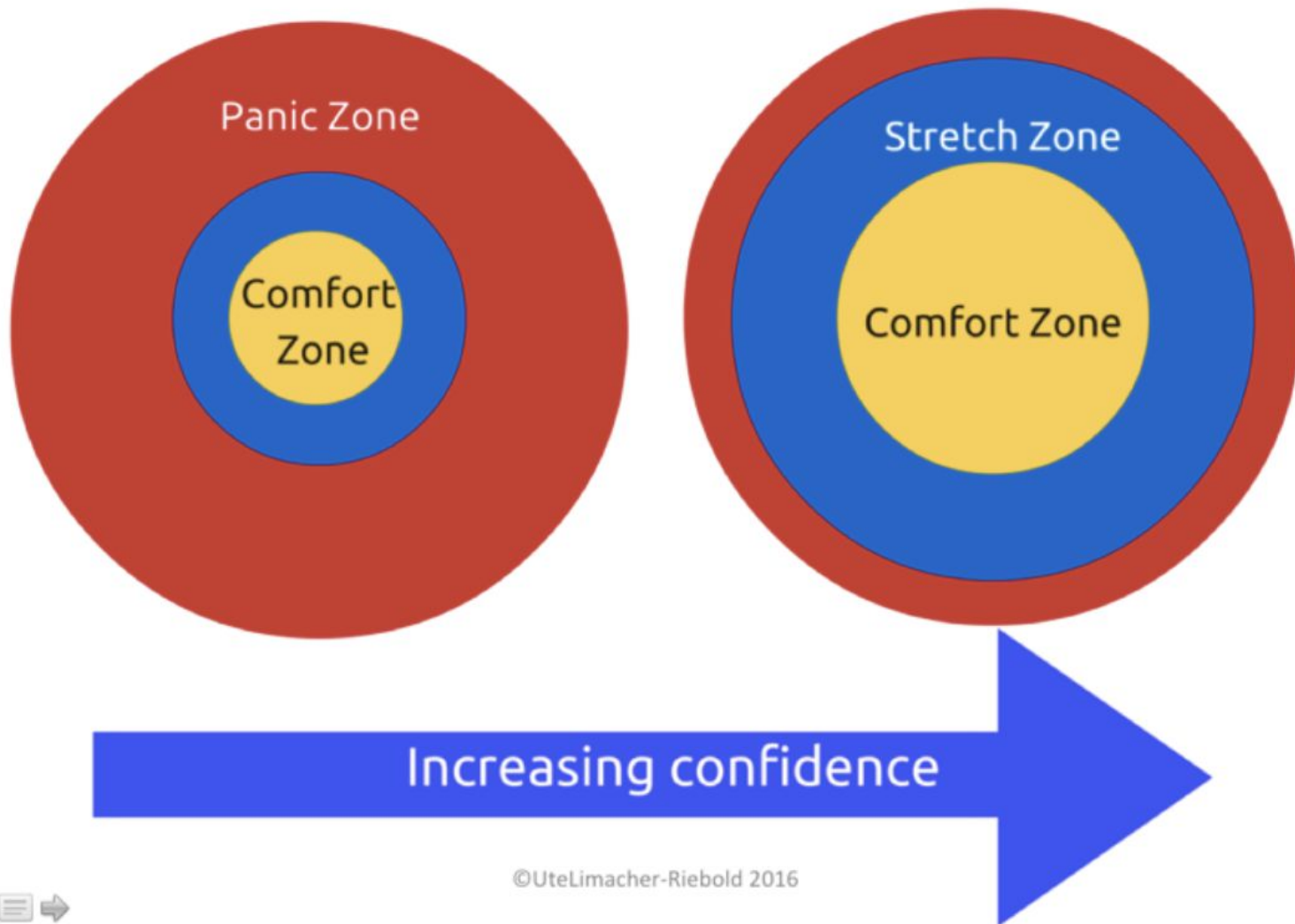
COMFORT, STRETCH, PANIC Zone Model



Ryan and Markova introduced this zone model based on the Yerkes-Dodson work



Comfort zones



©UteLimacher-Riebold 2016



Window of Tolerance: Dan Siegel

Hyper-Arousal

Emotional overwhelm, panic, feeling unsafe, angry, racing thoughts, anxiety, etc.

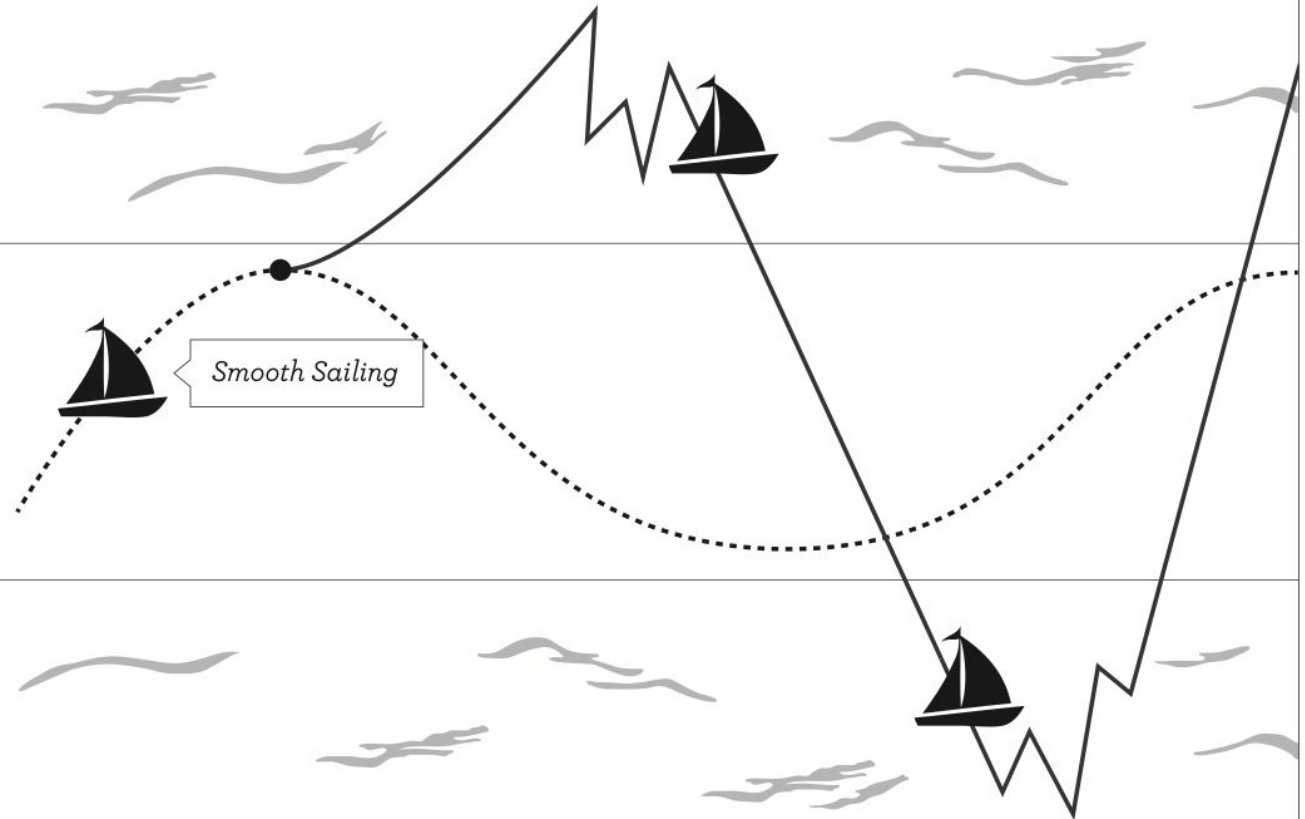
Window of Tolerance

OPTIMAL AROUSAL ZONE

Carrying on with daily life in the river of well-being

Hypo-Arousal

Numb, no feelings or energy, can't think, shut down, ashamed, disconnected, depression, etc.



Graphic from : http://www.rachaelfrankford.com/uploads/6/9/4/5/69457525/mast_session_1.pdf



Tools for Mindful Interaction

Adapted by Debra Kerr for White and Awakening in Sangha (2017)
from Insight Dialog Guidelines by Gregory Kramer, www.metta.org

PAUSE

- * Stop
- * Ground in the body
- * Bring mindfulness to what is present

RELAX

- * Bring kind acceptance to what is here
- * Lean into any ease and tranquility that are available
- * “**Accept** is to the mind as **Relax** is to the body”
- * “**Relax** heals what **Pause** reveals”

OPEN

- * Extends mindful acceptance to ourselves and to others
- * Softens rigid boundaries between self and other
- * Allows moving forward into the unknown
- * Invites uncertainty and being open to new possibilities