Workplace Strategies for Mental Health

Compliments of Canada Life

E-learning module

The window of tolerance

We all have what Dr. Dan Siegel called our “window of tolerance”. This is the space where we can manage life’s pressures without feeling overwhelmed. When we’re outside of our window of tolerance, we’re more likely to respond with anxiety, fear, anger, frustration or be unable to respond at all.



Be aware

Know your window of tolerance



Recognize

Know when you’re outside your window



Cope

Manage when you’re outside your window



Take action

Bring yourself back within your window

Learn more about the window of tolerance:

Window of tolerance (for stress)
clwsmh.com/window

Resilience
clwsmh.com/resilience

Manage anxious or depressive thoughts
clwsmh.com/manage-thoughts

Manage stress
clwsmh.com/stress

The concept of the Window of tolerance was adapted from: Siegel, D. J. (1999). The developing mind: Toward a neurobiology of interpersonal experience.

All Workplace Strategies resources are available to anyone at no cost, compliments of Canada Life. To learn more, visit clwsmh.com.

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