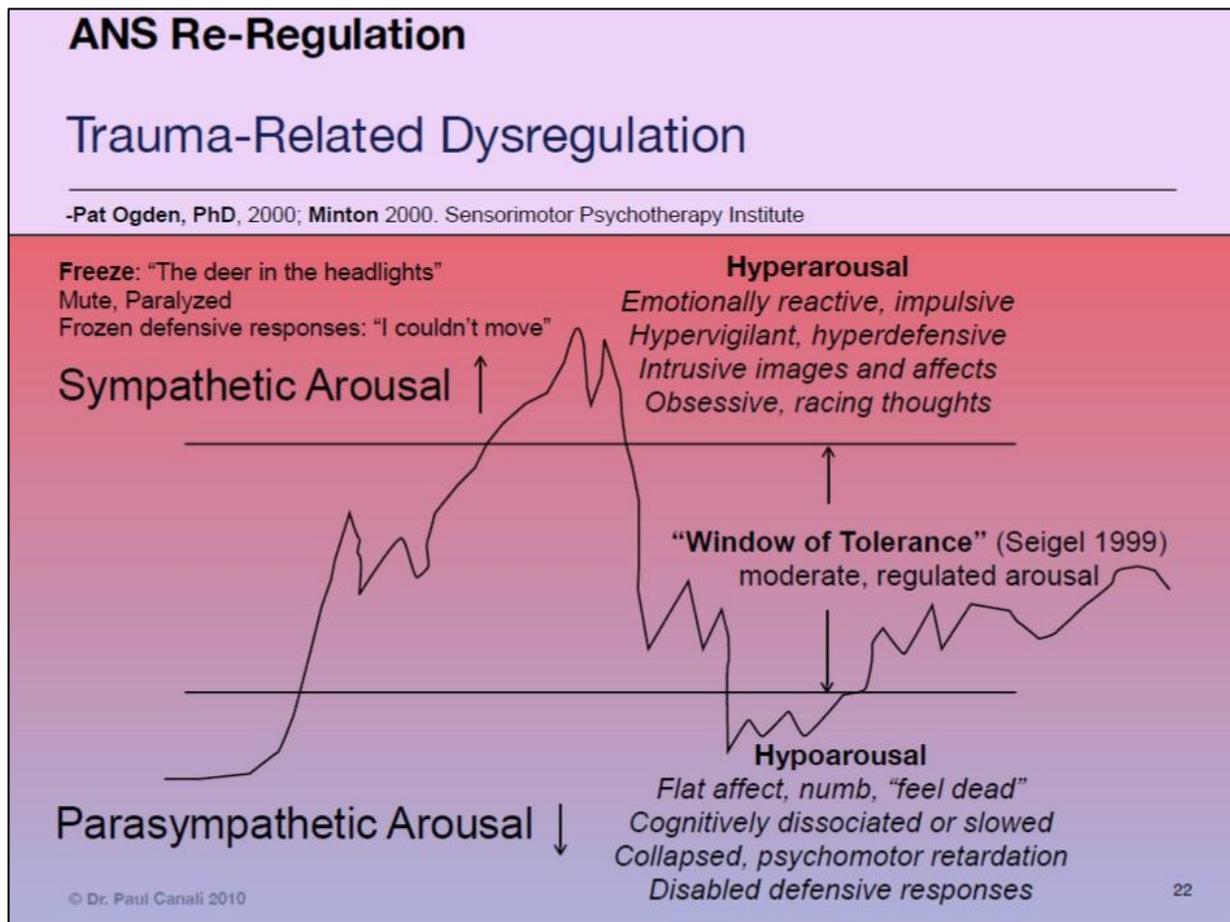




ZONE OF REGULATION

By: Jim Fazio, LMT, CSI, UTP
[Integrative Bodywork, Inc](http://IntegrativeBodywork.com)

Are you in the Zone? Unresolved stressors and trauma can cause dysregulation and affect all bodily systems, causing not only pain, discomfort, sleep difficulties and such, but may even create a variety of pain disorders, anxiety, depression and even disease.



The Zone of Regulation, also called the Window of Tolerance, can be narrow or wide and for each of us those zones are different, often specific to certain topics or certain emotional states. If an experience pushes us outside our zone, we may fall into rigidity and depression on the one hand, or into anxiety and chaos on the other. And a narrower zone can constrict our lives.

Can Unified Therapy™ return us to our area of optimal functioning? Yes! Our therapeutic goal is to help you develop a certain skill set to stay within optimal functioning.

Remember – *“Peace does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart.”*

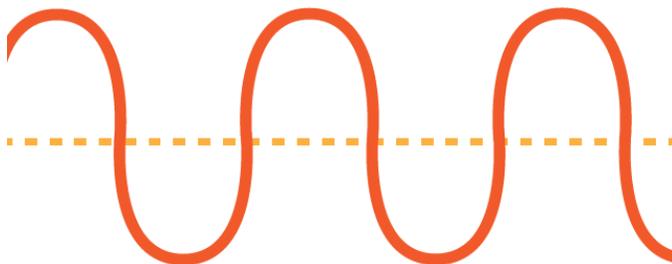
“Personal change, both in therapy and in life, often depends on widening the “window of tolerance.” When that window is widened, we can maintain equilibrium in the face of stresses that would once have thrown us off kilter.

In our day- to- day experience, we have multiple windows of tolerance. And for each of us those windows are different, often specific to certain topics or certain emotional states. I may have a high tolerance for sadness, continuing to function fairly well even when I or those around me are in deep distress. But even a lesser degree of sadness– whether your own or others – may cause you to fall apart. In contrast, anger may be relatively intolerable for me; a raised voice may be enough to send me right out my narrow window. But for you, anger may not be such a big deal; you see a blowup as a way to “clear the air” and move on. In general, our windows determine how comfortable we feel with specific memories, issues, emotions, and bodily sensations. **Within our window of tolerance we remain receptive; outside of it we become reactive.”**

[Dr Daniel Siegel,](#)
[Mindsight](#)

What Does the Body’s Nervous System Do?

The following illustrations depict the various reactions of our nervous system and the cycles we address in Unified Therapy™.



Healthy Nervous System

A healthy autonomic nervous system functions in a wave pattern, like a sonic wave, oscillating gently up and down.



Stuck Sympathetic

A stuck sympathetic arousal is a type of nervous system imbalance. This is responsible for panic attacks, anxiety, restlessness and phobia.



Stuck Parasympathetic

A stuck parasympathetic arousal is another type of nervous system imbalance. This is the kind that causes depression, numbness, and spaciness.



Alternating Imbalance

This imbalance alternates between sympathetic and parasympathetic extremes and expresses itself as severe moods, bouncing between anxiety and depression.

Unified Therapy™ is a comprehensive approach that **promotes psychological, physical and spiritual healing** and is designed therapeutically for clients struggling with pain disorders, anxiety, trauma, sports injuries and for those who recognize the need for improved skills in dealing with life's every day stressors and a path of higher learning, seeking truth and knowledge.

The new diagnostic advantages are immense; healing persistent unexplained illness, pain and disease. Real tools to address not only the psychological effects of toxic stress, pain and trauma, but for the first time, deeply etched neurological aspects in the brain and body.

