

GoToWebinar Window of Tolerance - Q&A/Comments

Question Asked / Comments	Answer Given (if not within presentation)
Great tools!	
inability to cope with even the smallest stressors	
Thank you!	
Thank you!	
Some people with Autism use self stim activities to calm. How does this work with what you are teaching?	
Great demonstration!	
are there more resources you can recommend? good books?	See Additional Resources document
thank you	
is this related to the rhythm whole leading the horse also	
we have the kids count 1-2-3-4 when leading and the do not pull the horse- they are able to synchronizeth with the horse	

like drumming	
very informative	
thank you	
Thank you! I think I'm going to incorporate this into our lessons for our riders!	
since we can access this later will it only be open to those who have paid for the higher tier of professional membership or all	The recording will available publicly on our YouTube channel, accessible regardless of membership type
Have Veteran tapping the horse, but it irritates the horse. I try to let him know it is pressure to the horse, that he can do his tapping on himself instead. Still he continues to do it to the horse. help!	
Does it even standing next to the horse.	
Thank you! Very helpful!	
Having clients learn to do the Masterson Method Bladder Meridian on the horses helps the clients greatly also!	
Thank you for the presentation!	
Good relaxing techniques! Also wondering if some of my non verbal students who already do this have learned it in outside therapies. As I have a few who naturally tap themselves	Likely, or they have just figured out what they need to feel better!

I've done painting the horses to help with stress	
No questions, just a huge Thank you! Great session on tolerance, stress, and coping!	
Agreed! I have some non verbal who during lessons we tap drum sequences on the saddles cantle and pommel	
Thank you	
Thanks for a great presentation	
I know someone who taps on surfaces does that help regulate?	
window of tolerance better than it was a few weeks/months ago	
thank you!	
thank you	
I use tapping alot. Works great for me and my riders	
In ground work, we get the riders to walk in rhythm with the horses stride and compare their steps to heaviness of horses. Follow where their horses gaze to, what to they see. Fun activity.	

Great presentation. Thank you.	
You're amazing Michelle thank you!!!	
Fascinating info!	
Over the top and tears.	
We have some unmounted students. Can't get the rhythm from the ride. Ideas?	Exercise balls?
Moderately to high stressed daily	
Idea: yoga stretches	
What music app do you use?	Michelle uses the VA PTSD App and Amazon Music App
This has been a great presentation to get staff to start thinking about helping to preserve each other as well as participants and horses. Thank you.	
What about non verbal clients?	
Right but they can't talk about things	
Thank you	

How about clients with spastic cp that can't physically do butterfly hugs etc.?	Perhaps caregiver can help? or you when we can be close again ha!
Yes ground activities are very relaxing	
Thank you, learned a lot	
Do you have any suggestions for group activities re: self-care, something to help de-stress personnel or a community?	
Thank you for the invitation! Much appreciated!	
Thank you.... enjoyed the tolerance example with the fluid in the glasses... great illustration	
Is Closed Capyioning possible .. sound is wavey at times	Make sure you do not have any other tabs open. I do not believe there is closed captioning. The webinar will be available for replay. We will look into this for the future!
my stress level is super high as my board has lost sight of compassion.	
When the Body Says No by Gabor Mate	
Thank you! Can't wait to get to the barn and my clients and co-workers!!	
Got them. Real good feeling.	

Very nice variation on tapping!	
Horses have talents for resilience that we can mimic and learn from	
Mindfully being present to the horse's heart energy field	
Walking with horse, on ground, all in sync with music	
Brene brown books are excellent	
Tapping can be effective for de stressing horses	
Thank you for excellent presentation	