

Body collapse **Immobility**

Dissociation

Numbness

Depression

Conservation of energy Helplessness

Shame

Shut-Down

Hopelessness

Preparation for death Trapped

OVERWHELM

Worry &

Concern

"I CAN'T"

DORSAL VAGAL

SYMPATHETIC NERVOUS SYSTEM

PARASYMPATHETIC NERVOUS SYSTEM DORSAL VAGAL - EMERGENCY STATE

Fuel storage & insulin activity

raise the pain threshold.

Heart Rate • Blood Pressure

Temperature • Muscle Tone

Facial Expressions • Eye Contact Intonations • Awareness of the Human

Voice • Social Behavior • Sexual Responses • Immune Response

Endorphins that help numb and

Increases

Increases

Decreases

Blood Pressure • Heart Rate Fuel Availability • Adrenaline Oxygen circluation to vital organs Blood Clotting • Pupil Size

Decreases

Fuel Storage . Insulin Activity Digestion • Salvation Relational Ability Immune Response

PARASYMPATHETIC NERVOUS SYSTEM VENTRAL VAGAL

Increases

Digestion • Intestinal Motility Resistance to Infection Immune Response Rest and Recuperation

Circulation to non-vital organs (skin, extremities)

Oxytocin (neuromodulator involved in social bonds that allows immobility without fear) Ability to Relate and Connect

Decreases

Defensive Responses

Movement towards

Panic Rage

Anger Anxiety

Irritation

Frustration

"I CAN"

SYMPATHETIC

Joy

In the Present

Groundedness

Connection • Safety Oriented to the Environment Curiosity/Openness

Compassion

Mindful

VENTRAL VAGAL

My dorsal vagal system takes hold when I:

Am without options

Feel trapped in the situation

Feel unimportant

Am criticised

Feel as if I don't matter

Feel as if I don't belong

My sympathetic nervous system kicks in when I:

Am pressed for time;

Am ignored

Am confused

Am pushed to make a choice or take a side

Am around conflict

Feel responsible for too many people and too many things

My ventral vagal system comes alive when I:

Think about people who are important to me

Am out in nature

Give myself permission to make my own choices

Listen to music

Enjoy quiet time with my dog

Stand under the stars

Have my feet in the sea

Am playing with a child

Share a cup of tea with a friend