



PARASYMPATHETIC NERVOUS SYSTEM
DORSAL VAGAL - EMERGENCY STATE

- Increases
- Fuel storage & insulin activity
 - Endorphins that help numb and raise the pain threshold.
- Decreases
- Heart Rate • Blood Pressure
 - Temperature • Muscle Tone
 - Facial Expressions • Eye Contact
 - Intonations • Awareness of the Human Voice • Social Behavior • Sexual Responses • Immune Response

SYMPATHETIC NERVOUS SYSTEM

- Increases
- Blood Pressure • Heart Rate
 - Fuel Availability • Adrenaline
 - Oxygen circulation 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

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