Body collapse **Immobility** 

Dissociation

Numbness

Depression

Conservation of energy Helplessness

**OVERWHELM** 

Shame

Shut-Down

**Hopelessness** 

Preparation for death Trapped

"I CAN'T

**DORSAL VAGAL** 

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

Movement away

Panic

Anxiety

Worry & Concerr

Movement towards

Irritation

"I CAN"

SYMPATHETIC

Rage

Anger

Frustration

Joy

In the Present

Groundedness

Connection • Safety Oriented to the Environment

VENTRAL VAGAL

Curiosity/Openness

Compassion

Mindful

## SYMPATHETIC NERVOUS SYSTEM

#### Increases

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