



### 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