

SYMPATHETIC PATHWAY

SOCIAL ENGAGEMENT

PARASYMPATHETIC PATHWAY

VENTRAL VAGUS

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Joy Equanimity Love Relaxed Connected Curious Happy Creative Safe
 Authentic Open Peaceful Motivated Grounded Focused Interested Compassion Calm

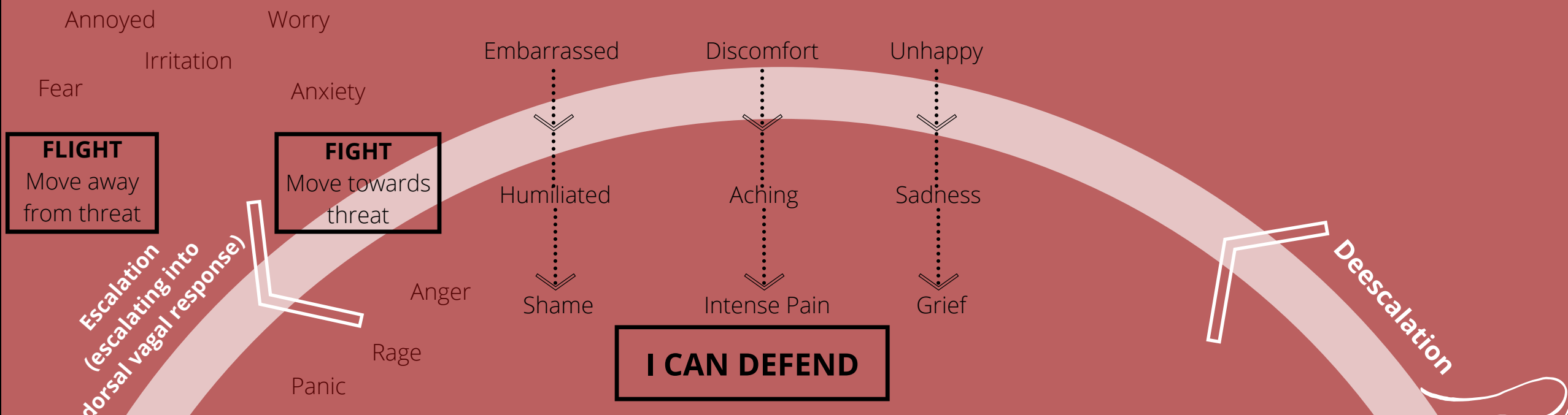
BASELINE

SOCIAL ENGAGEMENT

TRIGGER

Arousal

FLIGHT AND FIGHT



OVERWHELM

PTSD

COLLAPSE

PARASYMPATHETIC PATHWAY

DORSAL VAGUS

PARASYMPATHETIC PATHWAY

Ventral Vagus Nerve

Increases:

Digestion - intestinal mobility
 Resistance to infection
 Rest & recuperation
 Circulation to non-vital organs (skin, extremities)
 Immune Response
 Oxytocin (neuropeptide involved in social bonds that allow immobility without fear)

Decreases:

Defensive responses

SYMPATHETIC PATHWAY

Increases:

Blood pressure, Heart rate
 Fuel availability, Adrenaline
 Respiration - oxygen circulation to vital organs & muscles for mobility
 Blood clotting, Pupil size

Decreases:

Fuel storage & insulin activity
 Digestion and Salivation
 Sexual responses, Immune response

PARASYMPATHETIC PATHWAY

Dorsal Vagus Nerve

Increases:

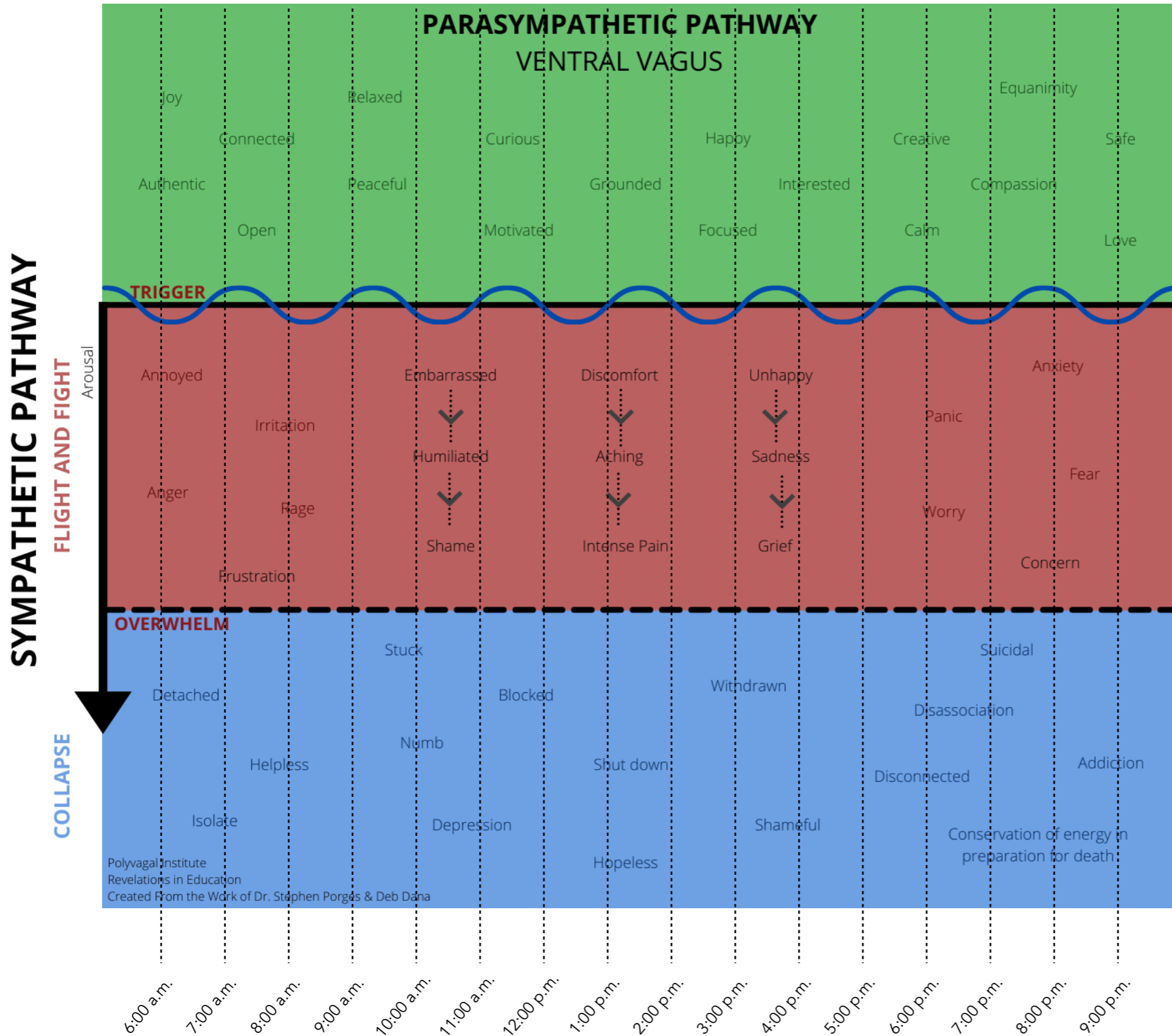
Fuel Storage and insulin activity
 Endorphins that help numb and raise the pain threshold

Decreases:

Heart rate, Blood pressure, Temperature
 Muscle tone, Facial expression, Eye contact, Intonation, Awareness of the human voice, Social behaviors
 Immune response

Track the State of Your Nervous System

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