

PARASYMPATHETIC NERVOUS SYSTEM

VENTRAL VAGAL

SAFE & SOCIAL

- S** Location of nerve:
- A** Face, throat and chest
- F** Connected, talkative, able to self soothe and
- E** remain calm
- Normal breathing

SYMPATHETIC NERVOUS SYSTEM

- D** FIGHT/ FLIGHT (Mobilization)
- A** Location of nerve:
- N** Runs along the spinal cord
- G** Mobilizes the body to fight or run away from
- E** danger
- R** Increased heart rate, fast shallow breathing and tense muscles

PARASYMPATHETIC NERVOUS SYSTEM

DORSAL VAGAL

- R** FREEZE (Immobilization)
- V** Location of nerve:
- I** Diaphragm, heart and gut
- V** Can't fight or flight, shuts down
- A** Decreased heart rate, depressed, numb
- L**



Polyvagal Theory

