

Autonomic Response

Nervous System Hierarchy explained

*Sympathetic
Nervous
System*

Ventral Vagal Safe & Secure

"I am feeling at ease and can manage whatever comes my way. I see the "big picture" and connect to the world around me"

- Social
- Openness
- Regulated
- Connected
- Calm State
- Rest and Digest
- Growth Hormone, DHEA, melatonin
- Decreased heart rate, repair of body

*ParaSympathetic
Nervous System*

Sympathetic Fight or Flight

"I am getting overwhelmed and having a hard time keeping up. I am anxious and irritable. The world seems dangerous, chaotic and unfriendly"

- Frantic
- Anxious
- Mobilized
- Agitated
- Prepares body for stress
- Cortisol and adrenaline
- Decreased digestion, increased heart rate

Dorsal Vagal Numb or shut down

"I am done, I don't care. I'm buried under a huge weight and I cannot get out. I am alone in my sadness. The world is empty and dark."

- Numb
- Blank
- Collapsed
- Shut down
- Perceived sense of no options
- Feeling trapped or unimportant
- Lack sense of belonging
- Immobilized, ready for death



STEFANIE HAUER
HOLISTIC TALK THERAPIST

www.StefanieHauer.com