

PARASYMPATHETIC NERVOUS SYSTEM

DORSAL VAGAL COMPLEX

Increases

Fuel storage & insulin activity • Immobilization behavior (with fear)
Endorphins that help numb and raise the pain threshold
Conservation of metabolic resources

Decreases

Heart Rate • Blood Pressure • Temperature • Muscle Tone Facial Expressions & Eye Contact • Depth of Breath • Social Behavior Attunement to Human Voice • Sexual Responses Immune Response

SYMPATHETIC NERVOUS SYSTEM

Increases

Blood Pressure • Heart Rate • Fuel Availability • Adrenaline Oxygen Circulation to Vital Organs • Blood Clotting • Pupil Size Dilation of Bronchi • Defensive Responses

Decreases

Fuel Storage • Insulin Activity • Digestion • Salivation Relational Ability • Immune Response

The nervous system with a neuroception of safety:

Calmness in connection

Settled

Groundedness

VVC is the beginning and end of stress response. When VVC is dominant, SNS and DVC are in transient blends which promote healthy physiological functioning.

SOCIAL ENGAGEMENT

Connection • Safety
Oriented to the Environment

VENTRAL VAGAL (SAFETY) **Curiosity / Openness**

Compassionate

Mindful / In the present

PARASYMPATHETIC NERVOUS SYSTEM

VENTRAL VAGAL COMPLEX

Increases

Digestion • Intestinal Motility • Resistance to Infection Immune Response • Rest and Recuperation • Health & Vitality Circulation to non-vital organs (skin, extremities), Oxytocin (neuromodulator involved in social bonds that allows immobility without fear) • Ability to Relate and Connect Movement in eyes and head turning • Prosody in voice • Breath

Decreases

Defensive Responses