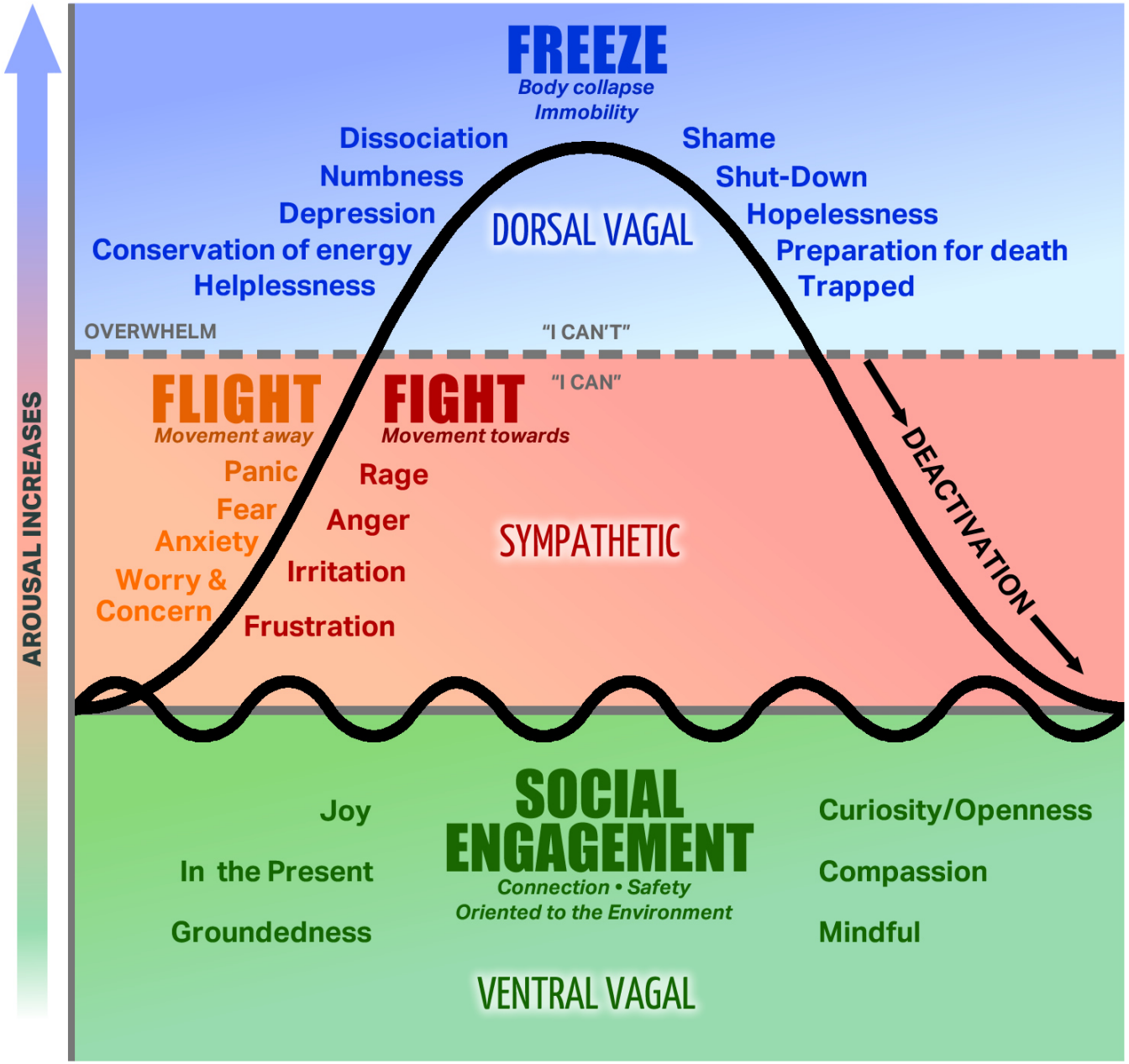

PARASYMPATHETIC NERVOUS SYSTEM
DORSAL VAGAL - EMERGENCY STATE

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 circluation 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

Adapted by Ruby Jo Walker from: Cheryl Sanders, Steve Hoskinson, Steven Porges and Peter Levine

rubyjowalker.com