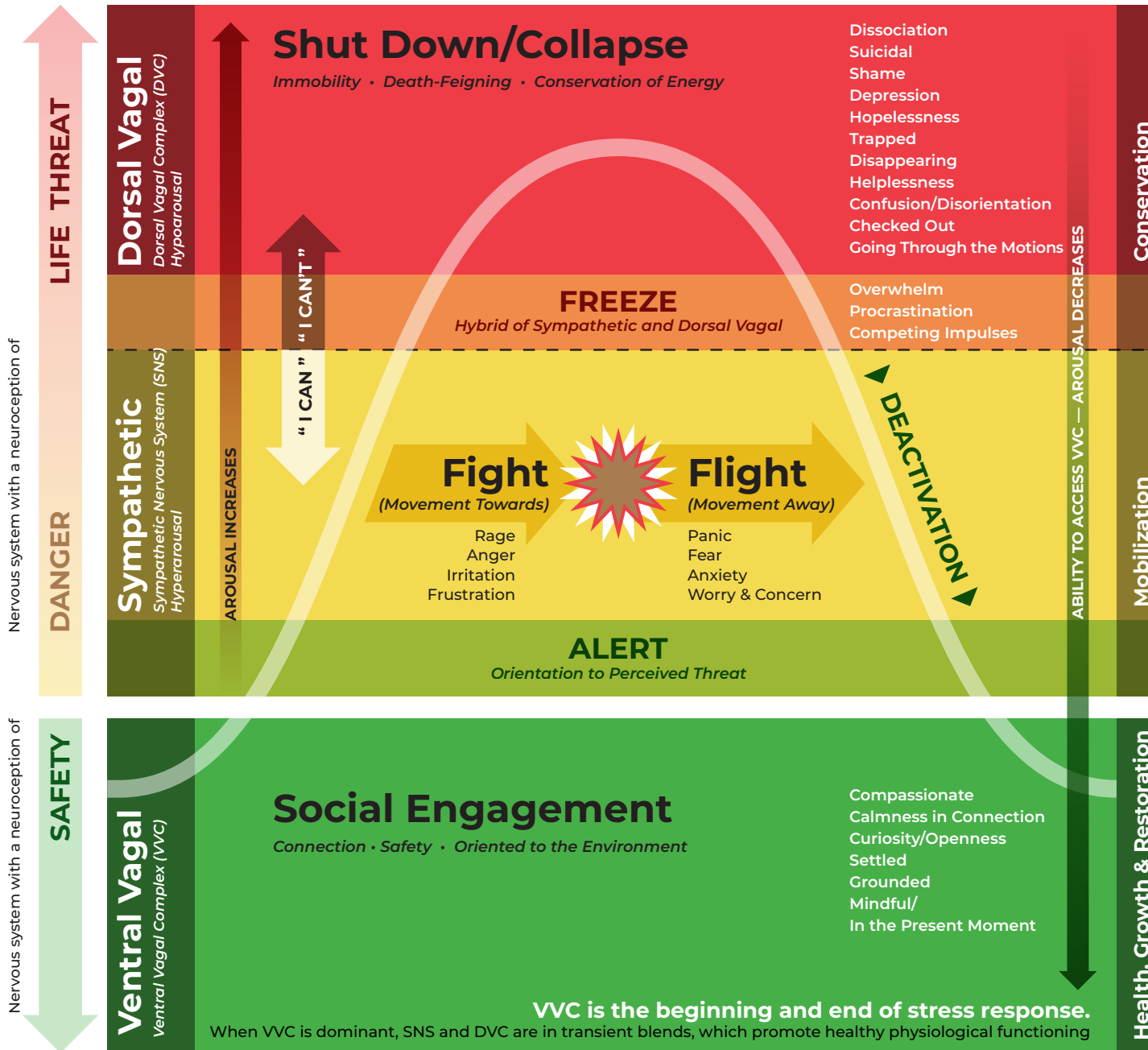


Polyvagal Theory Chart of Trauma Response

UPDATED 4/2024



Parasympathetic Nervous System Dorsal Vagal Complex (DVC)

▲ INCREASES

Fuel Storage and Insulin Activity
Immobilization Behavior (with fear)
Endorphins to Numb/Raise Pain Threshold
Conservation of Metabolic Resources

▼ DECREASES

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

Sympathetic Nervous System (SNS)

▲ 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

Parasympathetic Nervous System Ventral Vagal Complex (VVC)

▲ INCREASES

Digestion • Intestinal Motility
Resistance to Infection • Immune Response
Rest and Recuperation • Health and 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