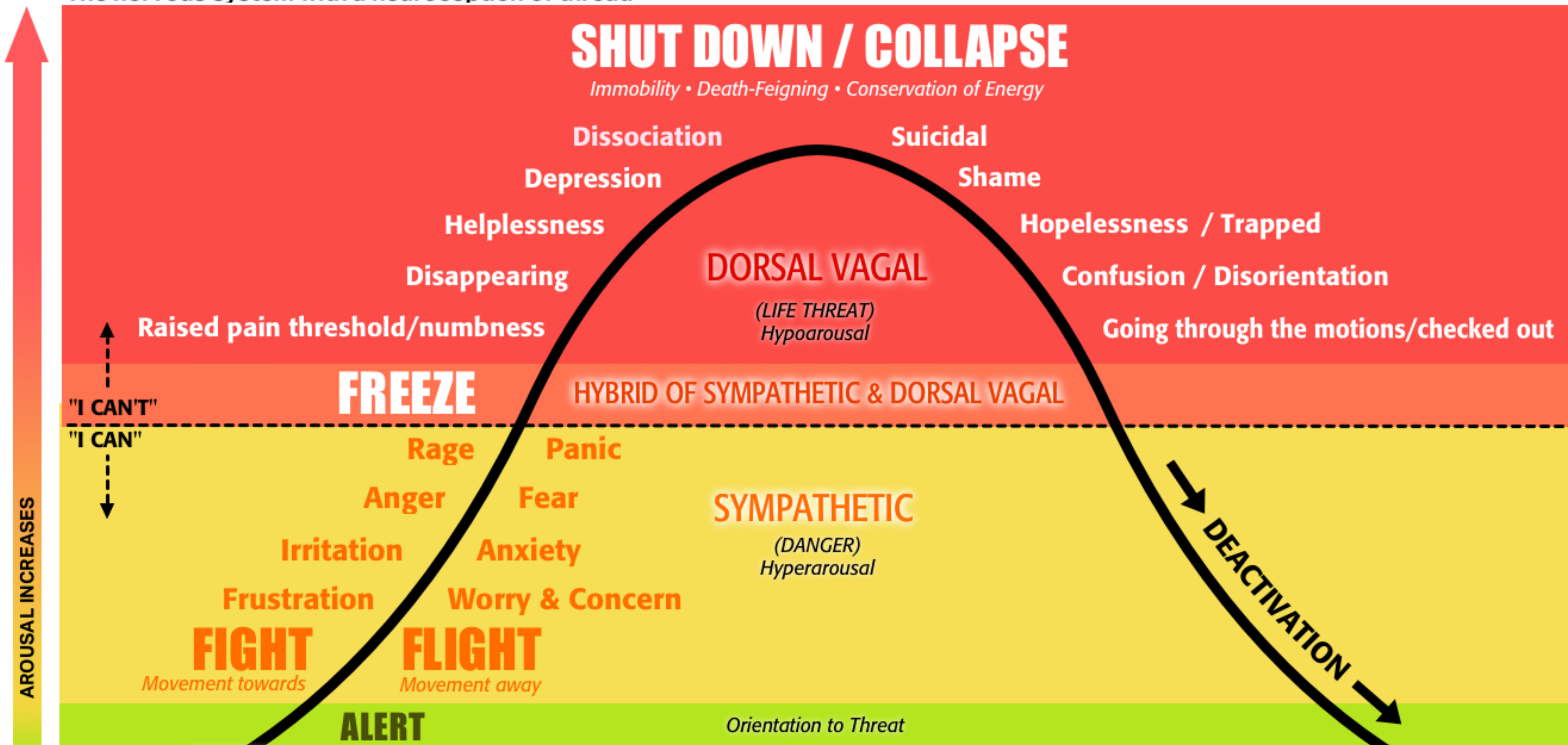


POLYVAGAL THEORY CHART OF TRAUMA RESPONSE

The nervous system with a neuroception of threat:



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:



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