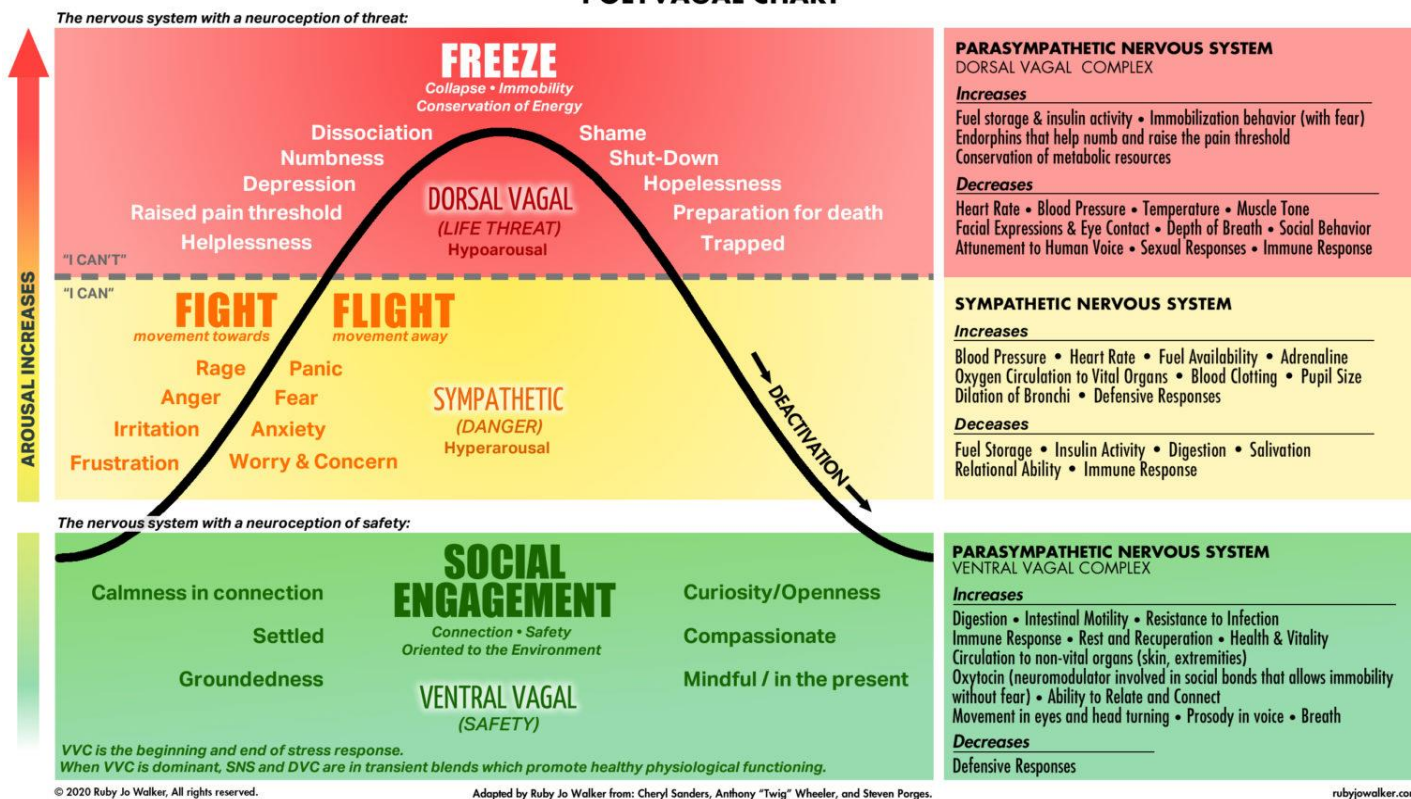


The Autonomic Nervous System In Relation to Emotions, Feelings and Trauma

POLYVAGAL CHART



Self-Care for The Ventral Vagal Nerve (Regulation):

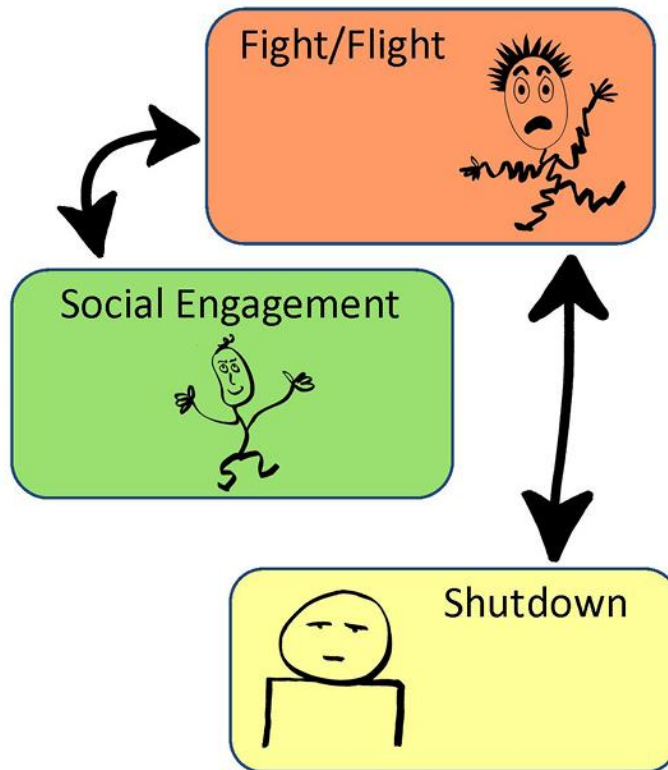
- Sing
- Gargle
- Medication
- Massage
- Laugh out loud
- Prayer
- Hum
- Breath slowly
- Drink cold water
- Essential Oils (Lavender, Sandalwood, Chamomile, Rose, etc.)
- Cryonics (freezing)

- Mindful wandering (relive happy times)
- Cold immersion
- Valsalva Maneuver (blocked airways)
- Chant
- Breath deeply (diaphragm)
- Moderate exercise
- Vitamin C
- Probiotics
- Magnesium
- Zinc

Self-Care for the Sympathetic Nervous System (Action, Mobilization both physical and emotional):

- | | | |
|--------------------------------|------------------------------------|---------------|
| Total body relaxation | Total mind relaxation | Warm floating |
| Exercise (multiple challenges) | Deep sleep | Nature walks |
| Yoga | Breath (exhale longer than inhale) | Read a book |
| Sitting in solitude | Positive thoughts | |

Hierarchy of Nervous System Response



Based on polyvagal theory by Stephen Porges Copyright 2015 Dee Wagner

Simply (or not so simply what happens):

In the presence of distress, trauma, pain, strain, suffering, danger, trouble, vulnerability, or a threat (whether actual or perceived) the Dorsal Vagal immediately sends signal to the amygdala (in the brain), which signals the hypothalamus (in the brain) to activate the sympathetic nervous system (SNS) and the adrenal glands (above the kidneys) pump the hormone epinephrine into the blood stream which causes the beginning of a system shutdown, as a result disconnection and disassociation occurs. Therefore, our (your) goal is to learn to moderate or regulate both the sympathetic nervous system and the ventral vagal nerve which will begin causing emotional, physical, relational, and psychological stability, security and strength.