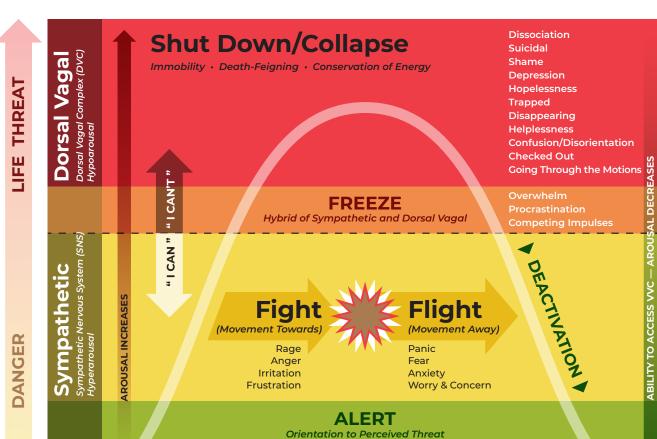
# **Polyvagal Theory Chart of Trauma Response**





Vervous system with a neuroception of

SAFETY

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<u>Ventral</u>

**Social Engagement** 

Connection • Safety • Oriented to the Environment

Compassionate Calmness in Connection Curiosity/Openness Settled Grounded Mindful/ In the Present Moment

## 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

#### 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

Conservation

**Mobilization** 

Restoration

Health, Growth &

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)

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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