



The Nervous System



Polyvagal Theory

Based on Polyvagal Theory below are some of the activities to engage in depending on the stage your nervous system is in.

Dorsal

FEELINGS: Shut down, lacking energy, frozen, foggy, confused, hopeless, disconnected, alone
ACTIONS: slow movement, slow breathing, meditation (orienting to space and self), warm drink



Sympathetic

FEELINGS: Frantic, agitated, out of control, overwhelmed, angry (fight or flight), fear, anxiety
ACTIONS: dance, shake, walk, fast-paced yoga flow, rock, self-massage, active breath



Ventral

FEELINGS: Engaged with others, social, safe, heal-rest-digest, flow, relaxed, connected, warm, joy
ACTIONS: self-care activities, connect with others, journal, cuddle, eye gazing, enjoy nature, yoga

