Polyvagal Theory Chart of Trauma Response





DANGER

Vervous system with a neuroception of

SAFETY

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Ventra

Nervous system with a neuroception of



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

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 Ventral Vagal Complex (VVC)



Restoration

Health, Growth &

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



Defensive Responses