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Polyvagal Theory - An Intro

Ventral Vagal

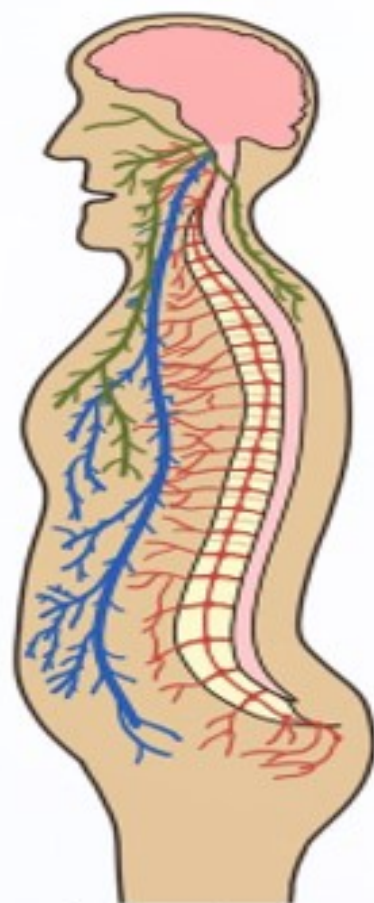
- Social Engagement Network
- Location: Face, throat, chest
- Ability to talk, engage, co-regulate, self-soothe and remain calm
- Top of the regulatory and evolutionary ladder

Sympathetic

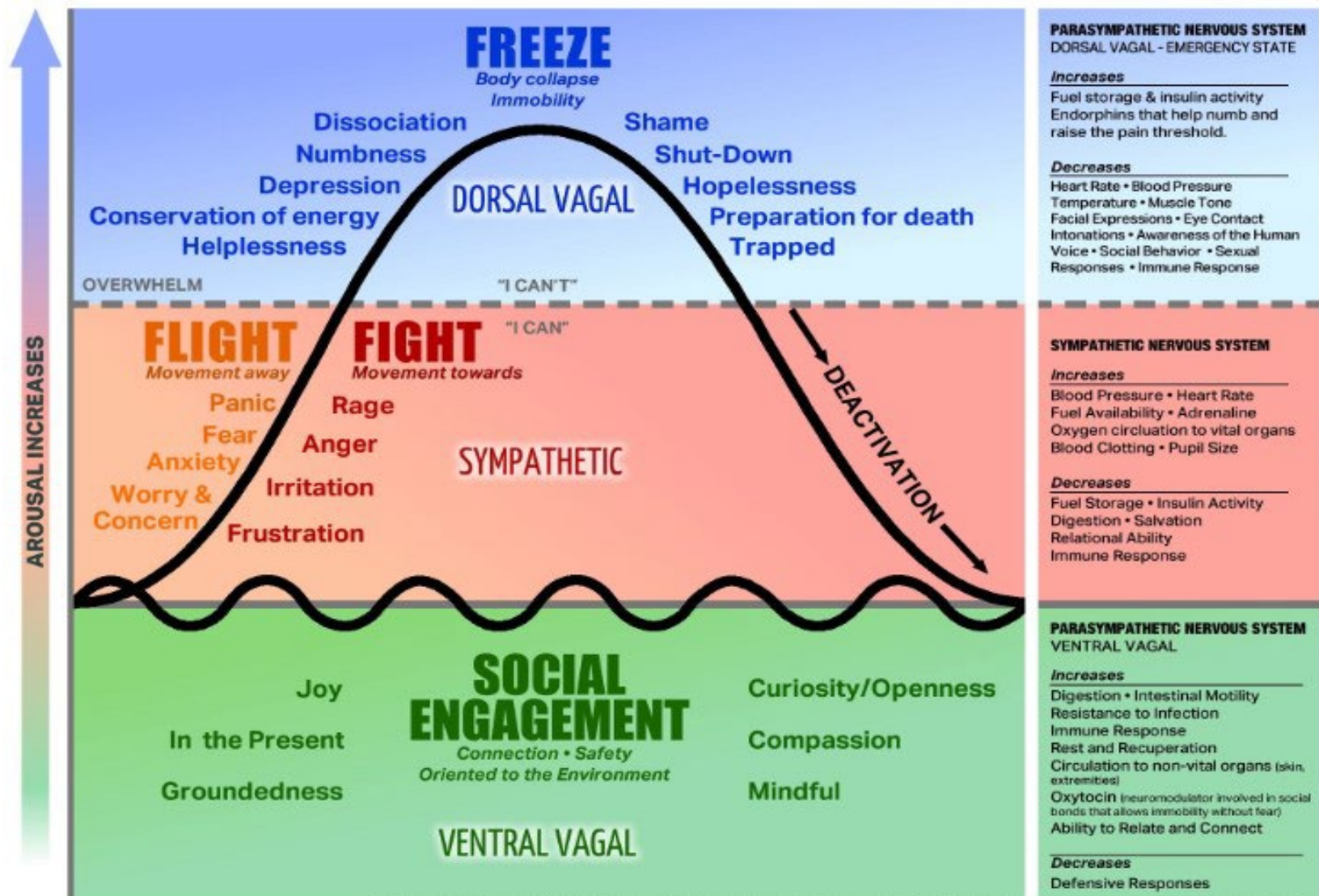
- Fight & Flight (Mobilization)
- Location: Along the spinal cord
- Mobilize the body to fight, or run away from danger
- Increased heart rate, tense muscles, fast shallow breathing
- Middle of the regulatory and evolutionary ladder

Dorsal Vagal

- Freeze, Collapse, Dissociate (Immobilization)
- Location: Diaphragm, heart, gut
- Shut off from the threat, when can't fight or flight
- Decreased heart rate, low energy, depressed, numb, shut down
- Bottom of the regulatory and evolutionary ladder



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