

Parasympathetic nervous system

Ventral vagal
social engagement /
Communication
Window Of Tolerance

Optimal arousal zone

Thriving &
Connection mode

Regulation

Safe

Optimal energy
Clarity in thinking and focus

Resilience

- Love
- Joy
- Compassion
- Patience
- Aware of self, others and surrounding
- Curious
- Problem solving
- Considers consequences

Sympathetic nervous system

Mobilization with fear
Hyperarousal

Fight or Flight

Survival &
Protection Mode

Dysregulation

Unsafe

Too much energy
Increase in heart rate

Reactive/ Chaos

- Anger
- Defensive
- Explosive
- Screaming
- Anxious
- No care for consequences
- Rage
- Disregard or aggression towards others

Parasympathetic nervous system

Dorsal Vagal
Immobilization with fear
Hypoarousal

Freeze

Survival &
Protection mode

Dysregulation

Unsafe

Too little
or lack of energy
Decrease in heart rate

Reactive/ Rigidity

- Slow
- Exhausted
- Giving up
- Shut down
- Numb
- Dissociation
- Resignation
- Low muscle tone
- Disconnect from others
- Apathy
- Collapse