

## VENTRAL VAGAL

The "Safe/Connected" Zone  
Parasympathetic



- Calm
- Connected
- Curious
- Engaged
- Joyful
- Open
- Safe
- Trusting

When in *ventral vagal*, you will notice increased digestion, immunity, rest, recuperation, and oxytocin being released to make you happy, engaged, and connected with others.

## SYMPATHETIC

The "Fight/Flight" Zone  
Sympathetic



- Anger
- Feeling threatened
- Fight/Flight
- Frantic
- Frustration
- Panic
- Overwhelmed
- Rage
- Worry

When in *sympathetic*, you will notice an increase in your heart rate, blood pressure, adrenaline, and pupil size.

## DORSAL VAGAL

The "Immobilized" Zone  
Parasympathetic



- Depressed
- Disconnected
- Frozen
- Helpless
- Hopeless
- Lonely
- Numb
- Shame

When in the *dorsal vagal*, you will notice a decrease in heart rate, muscle tone, blood pressure, eye contact, and facial expressions.