

How the Body Responds to Threat

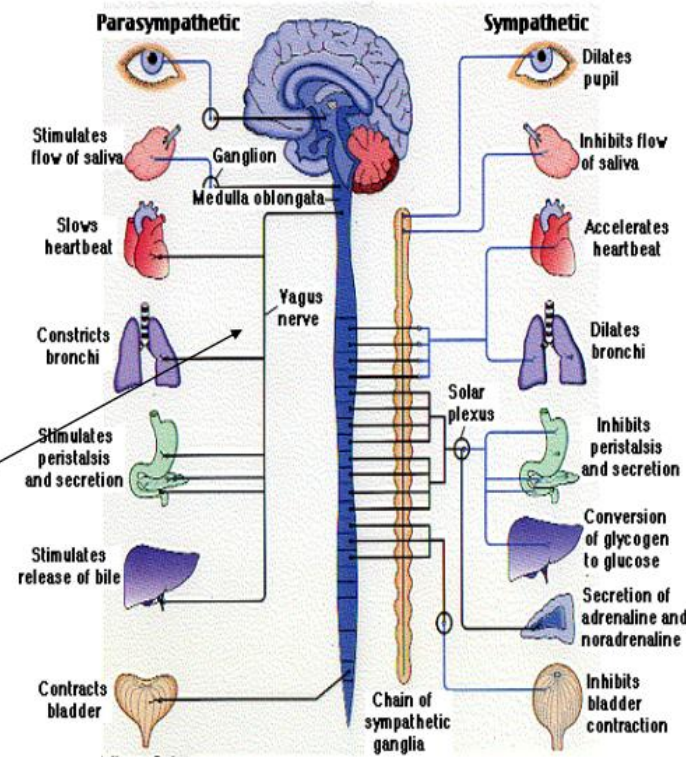
Brake

The parasympathetic nervous system or PNS functions like a brake pedal in a car.

It slows/calms the body down after a threat has passed. It is commonly referred to as Rest and Relaxation.

The Vagus Nerve provides 75% of the PSN activation (brakes).

We can reduce anxiety and activate the brakes through the vagus nerve with deep diaphragmatic breathing!



Gas

The sympathetic nervous system functions like a gas pedal in a car.

It triggers the Fight or Flight (adrenal) response, so that it can react to a perceived threat.

One traumatic event or a series of events can cause the "gas" to be stuck in acceleration mode.

You tend to have a disproportionate response to a small event.