

YOUR NERVOUS SYSTEM RESPONDS TO *MORE THAN DANGER.*

Your nervous system is constantly gathering information from both inside and outside your body. It doesn't respond only to danger.

It also responds to predictability, connection, uncertainty, recovery, pressure, choice, and countless other conditions that influence your available capacity.

What feels "small" to your thinking mind may still register as significant to your nervous system.

CONDITIONS THAT NARROW CAPACITY

The system scans for what could go wrong.

- 🕒 Urgency
- ❓ Unpredictability
- 🌀 Unclear expectations
- 🔔 Constant interruption
- 👤 Social threat
- 📶 Overload
- 🔋 Lack of recovery
- ⊗ Loss of choice

PRESSURE

UNCERTAINTY

OVERWHELM

THREAT

NOISE

DISCONNECTION

RUSH

DEMANDS

Energy is spent on protection.

Capacity narrows.

Options feel limited.

CONDITIONS THAT WIDEN CAPACITY

The system senses what is safe and possible.

- 📅 Predictability
- 🌊 Pacing
- ✅ Clear expectations
- 🚩 Completion
- 👤 Choice
- 🌱 Recovery
- 👥 Steady connection
- 🏠 Safe environment

Energy is available for living.

Capacity widens.

More becomes possible.

Your nervous system doesn't judge.

It gathers information, interprets changing conditions, and responds to help you adapt.

