



# WHAT THE NERVOUS SYSTEM RESPONDS TO

The nervous system does not respond only to thoughts, intentions, or willpower.

*It responds to conditions.*



Before behaviour changes, conditions often change first. Pressure, uncertainty, pace, safety, recovery, visibility, and belonging all shape what becomes available in a person.



## INCREASES ACTIVATION

- Urgency
- Unpredictability
- Unclear expectations
- Constant interruption
- Social threat
- Overload
- Lack of recovery
- Loss of choice



## SUPPORTS REGULATION

- Predictability
- Pacing
- Clear expectations
- Completion
- Choice
- Recovery
- Steady connection
- Safe environment



The nervous system responds to *conditions* first.

This does not remove responsibility.  
*It changes where understanding begins.*



### EXPLORE THE MAPS

See how conditions shape behaviour. →



### READ SIGNALS NOTES

Short reflections on patterns, context, and life. →



### LISTEN TO THE AUDIO

Understand in your own time, in your own space. →

