

NERVOUS SYSTEM CONTINUUM

SHUT DOWN

NERVOUS SYSTEM - Freeze, Fake

Due to natural impulses being suppressed, frequent or long term shut down can lead to depressive disorders.

OVERWHELM

NERVOUS SYSTEM: Fight, Flight, Fawn

Due to reduced time in rest & recover state, frequent or long term overwhelm can lead to anxiety / sleep disorders.

CYCLE

CYCLE

BRIDGE BACK TO CENTRE

