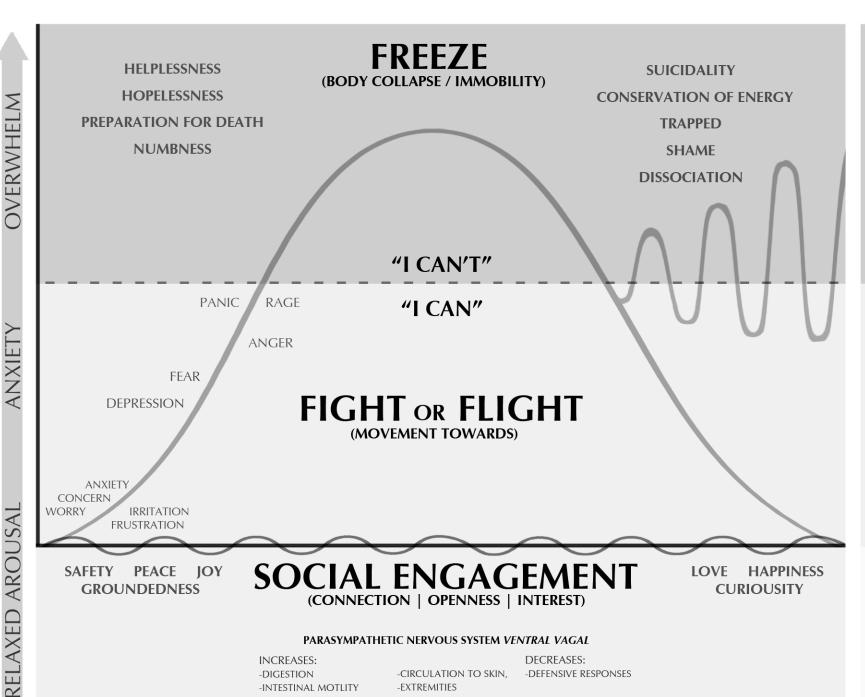
## THE POLYVAGAL THEORY



## PARASYMPATHETIC NERVOUS SYSTEM VENTRAL VAGAL

**INCREASES:** 

DECREASES:

-DIGESTION

-CIRCULATION TO SKIN,

-DEFENSIVE RESPONSES

-INTESTINAL MOTLITY

-EXTREMITIES

-RESISTANCE TO INFECTION -IMMUNE RESPONSE -REST AND RECUPERATION -OXYTOCIN

**PARASYMPATHETIC NERVOUS SYSTEM** DORSAL VAGAL

**INCREASES:** 

- -FUEL STORAGE
- -INSULIN ACTIVITY
- -ENDORPHINS

**DECREASES:** 

- -HEART RATE
- -BLOOD PRESSURE
- -TEMPERATURE
- -MUSCLE TONE
- -SOCIAL BEHAVIORS
- -IMMUNE RESPONSE

## **SYMPATHETIC NERVOUS SYTEM**

INCREASES:

- -BLOOD PRESSURE
- -HEART RATE
- -FUEL AVAILABILITY
- -ADRENALINE
- -OXYGEN CIRCULATION
- -BLOOD CLOTTING
- -PUPIL SIZE

**DECREASES:** 

- -FUEL STORAGE
- -INSULIN ACTIVITY
- -DIGESTION/SALIVATION
- -SEXUAL RESPONSES
- -IMMUNE RESPONSE