**Sympathetic vs Parasympathetic Nervous System**

The Autonomic Nervous System controls all responses.

It only has two branches or possibilities, Sympathetic reactions or Parasympathetic responses.

**Sympathetic is our Survival, Fight, Flight, Freeze reaction.**

**Parasympathetic is our Rest, Digest, Play, Learn, Heal, Trust, Connect response.**

There are **physical reactions** for SNS and PSNS that happen in the body.

There are **specific muscle groups**, **chemicals** and **postures** for SNS and PSNS.

Using these muscles, chemicals and postures **we can rewire our horse’s brain.**

