

## Polyvagal Body Song

Polyvagal Nervous system  
Connected thru the brain stem  
To limbic brain  
Emotional memories  
Trauma memories  
Reside

Pressure, fear anxiety  
Stress and panic too  
Increase the heart rate  
Breathing too  
Rapid heavy breathing

Sympathetic fight and flight  
Effects of the polyvagal nervous system

Opposite is parasympathetic effect  
Same nervous system  
Just slowing down now  
Heart rate slowly  
Breathing slows, to brief  
And shallow hyper ventilations

Stomach, bladder, bowel, genitals too  
React to slowing body organs  
Indigestion, irritations, off to the loo  
We go

Further stress. ongoing  
emotional Distresses  
Could lead to dissociation  
Or even catatonia  
As the body slows right down

Parasympathetic polyvagal nervous system

Balance is the goal

Acknowledge your emotions,

Be true to your feelings.

We well, stay well, know your body senses.