



# YOUR NERVOUS SYSTEM: THE PHONE OS INSIDE YOU

## ● VENTRAL VAGAL

*FULL SIGNAL • BATTERY STRONG • EVERYTHING SYNCING*

### You Feel:

- Connected
- Curious
- Present

### Body Status:

- Steady heart
- Smooth breath
- Flexible attention

### Supports This Mode:

- Safe people (trusted Wi-Fi)
- Music + movement
- Play, humor, creativity

## ● SYMPATHETIC

*SIGNAL DROPPING • PROCESSOR HOT • URGENT NOTIFICATIONS*

### You Feel:

- Rushed
- Pressured
- On alert

### Body Status:

- Fast heart
- Tight muscles
- Quick breath

### Helps Reset:

- Shake out tension (force-quit)
- Talk to someone
- Move your body
- Look around slowly

## ● DORSAL VAGAL

*NO SIGNAL • BATTERY 5% • LOW-POWER MODE*

### You Feel:

- Drained
- Numb
- Disconnected
- Shutdown

### Body Status:

- Heavy limbs
- Foggy thinking
- Low energy

### Helps Recharge:

- Warmth (your wireless charging pad)
- Touch the ground
- Hug yourself gently
- Tiny steps



## SOCIAL ENGAGEMENT

*TRUSTED WI-FI • SAFE CONNECTION • CO-REGULATION ONLINE*

### You Feel:

- Seen
- Supported
- Understood

### Body Status:

- Relaxed face
- Warm voice
- Steady rhythm

### Activates Through:

- Safe conversation
- Shared laughter
- Eye contact that feels good



## THE BIG PICTURE

Your nervous system shifts modes the way your phone shifts signal strength. Every mode is adaptive. Every mode makes sense.

*YOU make sense, even if other bodies are acting differently.*