



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.