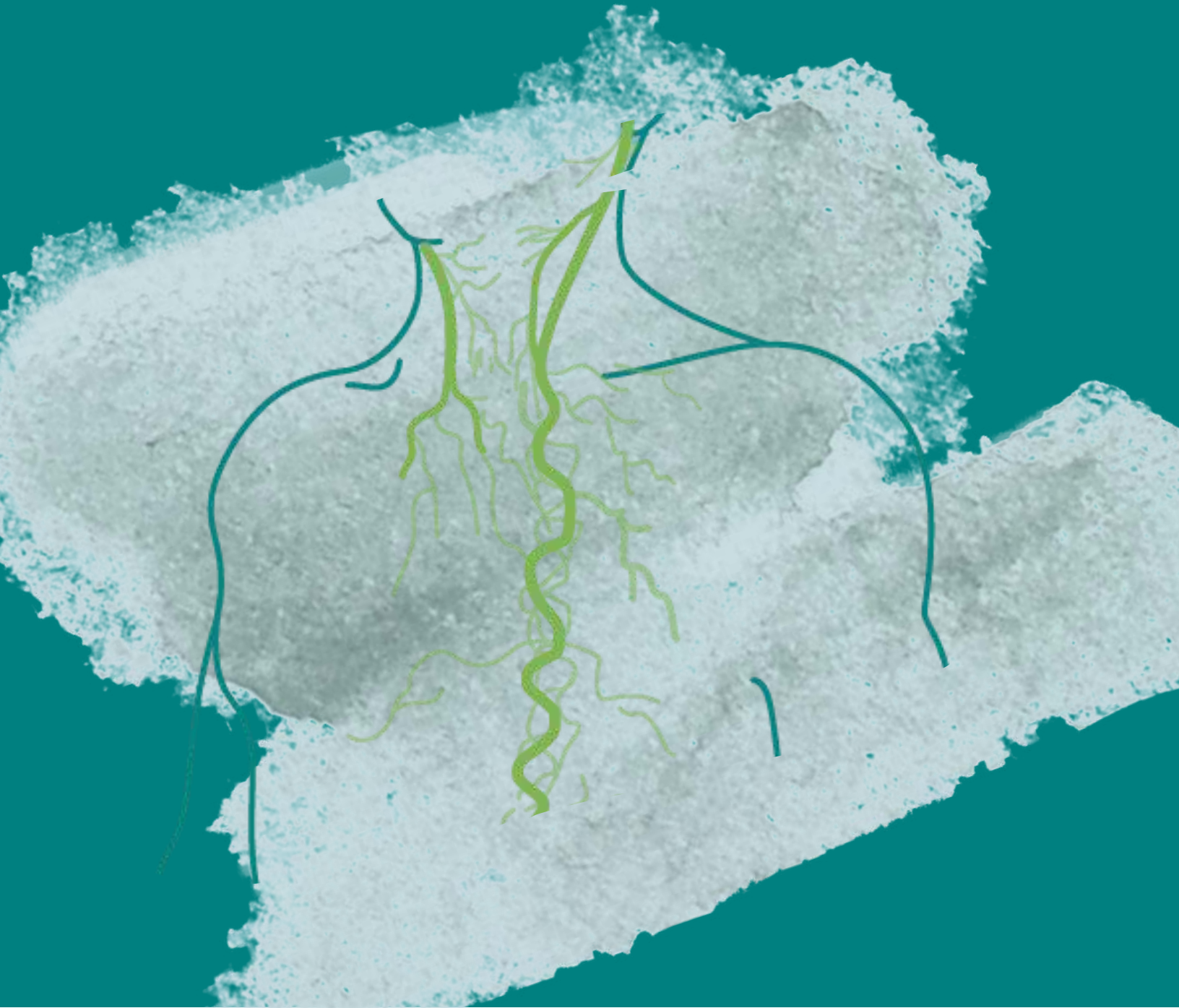


# THE POLYVAGAL THEORY AND YOU



We all have days where we don't feel okay. And that's okay. Sometimes we feel...



And there are reasons,  
not only mental and  
emotional but also  
physical.

Understanding these  
reasons can help us  
better manage life's  
daily challenges.



Beginning before birth, life experiences help shape how you feel, think and connect with yourself and the world around you.





We all want to be our true selves, our safest selves. And to feel at home in our own mind and body.

Your nervous system is your internal command center, working tirelessly on its only goal: *keeping you alive.*



Your brain and body are  
constantly taking in information  
from all around you.



Through all of your senses...





Always actively processing  
information, 95% of which you don't  
consciously notice.

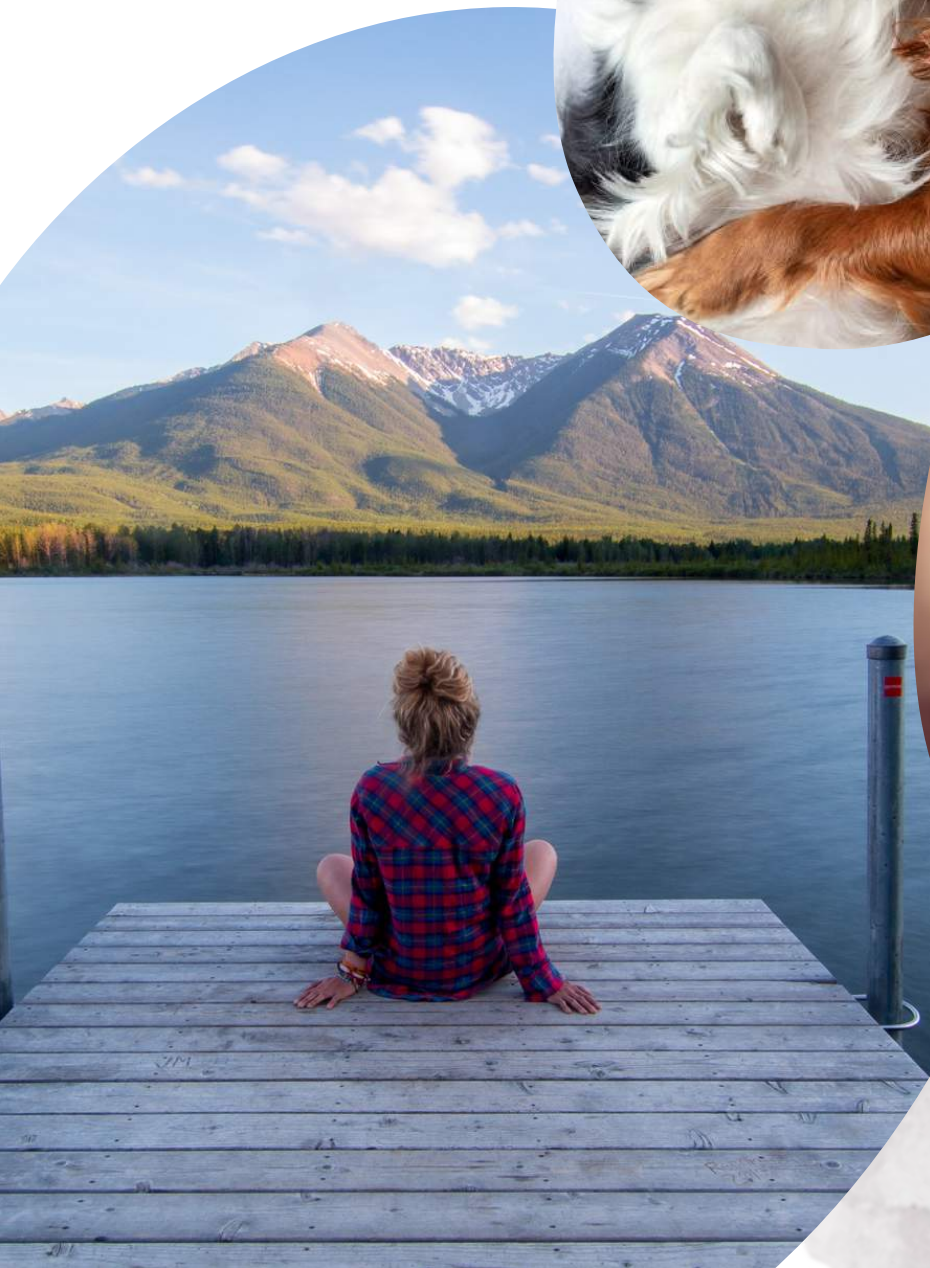


Based on this information, your nervous system reacts automatically, either by connecting or disconnecting for your own 'safety.'

This is called *neuroception*.



Your nervous system determines -  
I am safe.



And your brain and body respond.

Feeling safe may look and feel like....

## PARASYMPATHETIC NERVOUS SYSTEM

**Your Relaxation Response:** Calms you down, preparing you to rest, think and restore.

- Heart beats in a slow, rhythmic pattern
- Breath is full and slow
- Pupils of eyes shrink
- Gut is active (helps you digest and absorb the nutrients from your food)
- Increased blood flow to gut, lungs and brain
- Hormones rush in, lifting your mood and helping you to relax
- Conserves your energy

Or your nervous system determines -  
I am in danger.



And your brain and body respond.  
Feeling threatened may look and  
feel like....

## SYMPATHETIC NERVOUS SYSTEM

**Your Stress Response:** Revs you up,  
preparing you to fight, take flight

- Heart beats faster
- Breath is fast and shallow
- Pupils dilate (expanding your ability to scan your environment for cues of danger, but triggers sensitivity to light)
- Gut becomes inactive (to conserve energy, but affects digestion)
- Blood rushes (to prepare for fight or flight, but affects ability to think clearly)
- Cortisol rushes through your body (to meet the threat but can make you feel anxious)
- Expend your energy

While your nervous system is constantly working hard to protect you and keep you 'safe', it is programmed by past experiences. Your nervous system may assess and determine there is danger even if it is not actually present.





The Safe and Sound Protocol can help restore your familiarity with safety. It is an invitation to soothe, nourish and reshape your nervous system.



With enhanced nervous system regulation, you can experience more resilience and the ability to feel better, think better, and connect better.

