What's the State of Your Nervous System?

Window of Tolerance

VENTRAL VAGAL PARASYMPATHETIC

Rest, Digest, and Heal
Regulated State

Enough energy
Feeling safe
Social engagement
Connected
Grounded
Creative
Present
Curious
Secure
Calm

TRIGGER
Startle response

Hyper-Arousal

SYMPATHETIC

Fight or Flight
Survival State

High energy
Not feeling safe
Hamster wheel
Hypervigilant
Aggression
Activated
Insomnia
Restless
Anxiety
Anger

Not enough energy
Thwarted movement

Hypo-Arousal

DORSAL VAGAL FREEZE

Overwhelm
Trauma State

TOO MUCH,TOO FAST
TOO LITTLE, TOO LONG

Low/No energy
Not feeling/numb
Disconnected
Feeling stuck
Chronic pain
Depression
Shut down
Exhausted
Heaviness
Despair

Apex NeuroCare