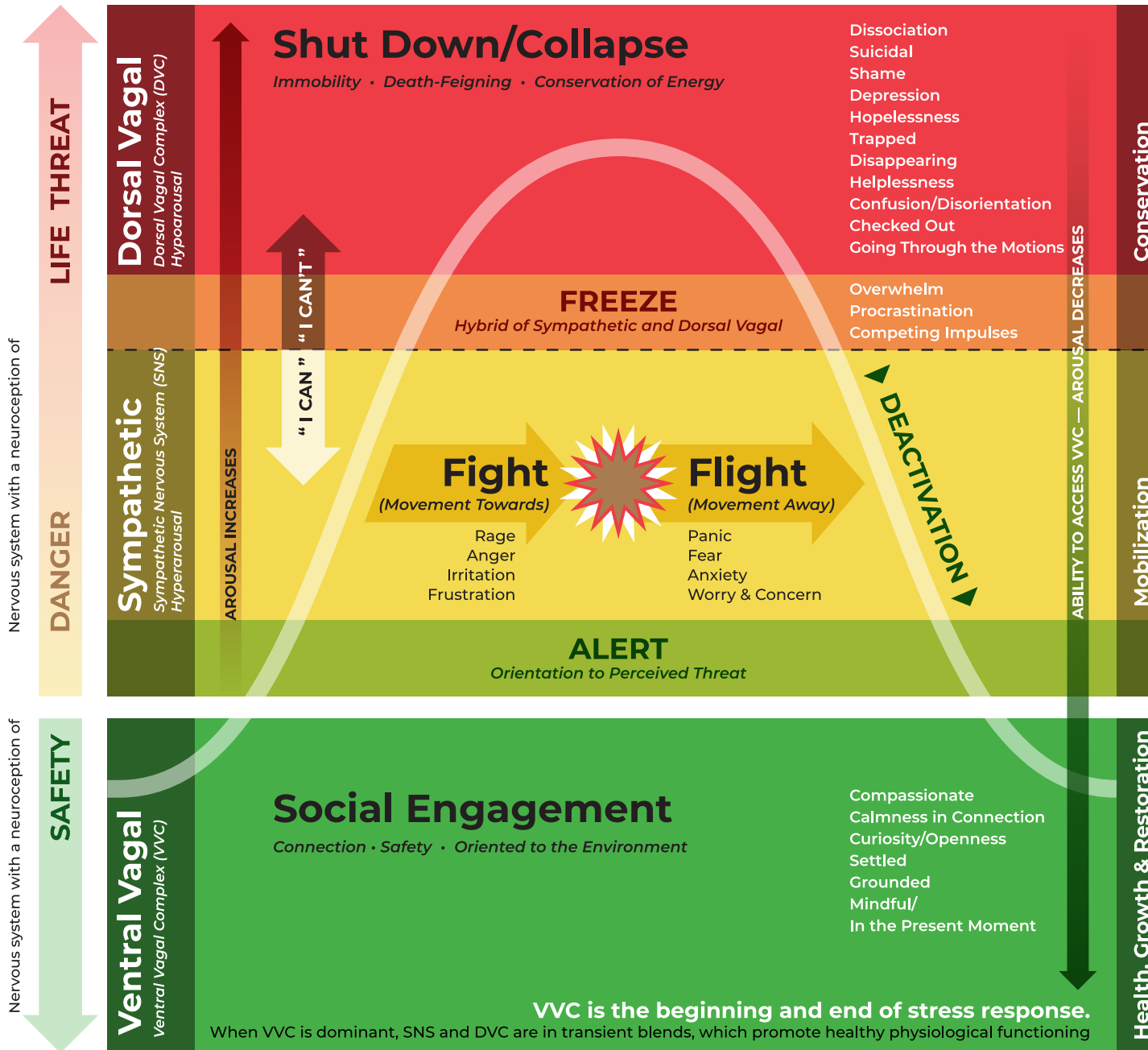


# Polyvagal Theory Chart of Trauma Response



## Parasympathetic Nervous System Dorsal Vagal Complex (DVC)

### ▲ INCREASES

Fuel Storage and Insulin Activity  
Immobilization Behavior (with fear)  
Endorphins to Numb/Raise Pain Threshold  
Conservation of Metabolic Resources

### ▼ DECREASES

Heart Rate · Blood Pressure  
Temperature · Muscle Tone  
Facial Expressions and Eye Contact  
Depth of Breath · Social Behavior  
Attunement to Human Voice  
Sexual Responses · Immune Response

## Sympathetic Nervous System (SNS)

### ▲ INCREASES

Blood Pressure · Heart Rate · Fuel Availability  
Adrenaline · Oxygen Circulation to Vital Organs  
Blood Clotting · Pupil Size · Dilation of Bronchi  
Defensive Responses

### ▼ DECREASES

Fuel Storage · Insulin Activity  
Digestion · Salivation · Relational Ability  
Immune Response

## Parasympathetic Nervous System Ventral Vagal Complex (VVC)

### ▲ INCREASES

Digestion · Intestinal Motility  
Resistance to Infection · Immune Response  
Rest and Recuperation · Health and Vitality  
Circulation to Non-Vital Organs (skin, extremities)  
Oxytocin (neuromodulator involved in social bonds that allows immobility without fear)  
Ability to Relate and Connect  
Movement in Eyes and Head Turning  
Prosody in Voice · Breath

### ▼ DECREASES

Defensive Responses