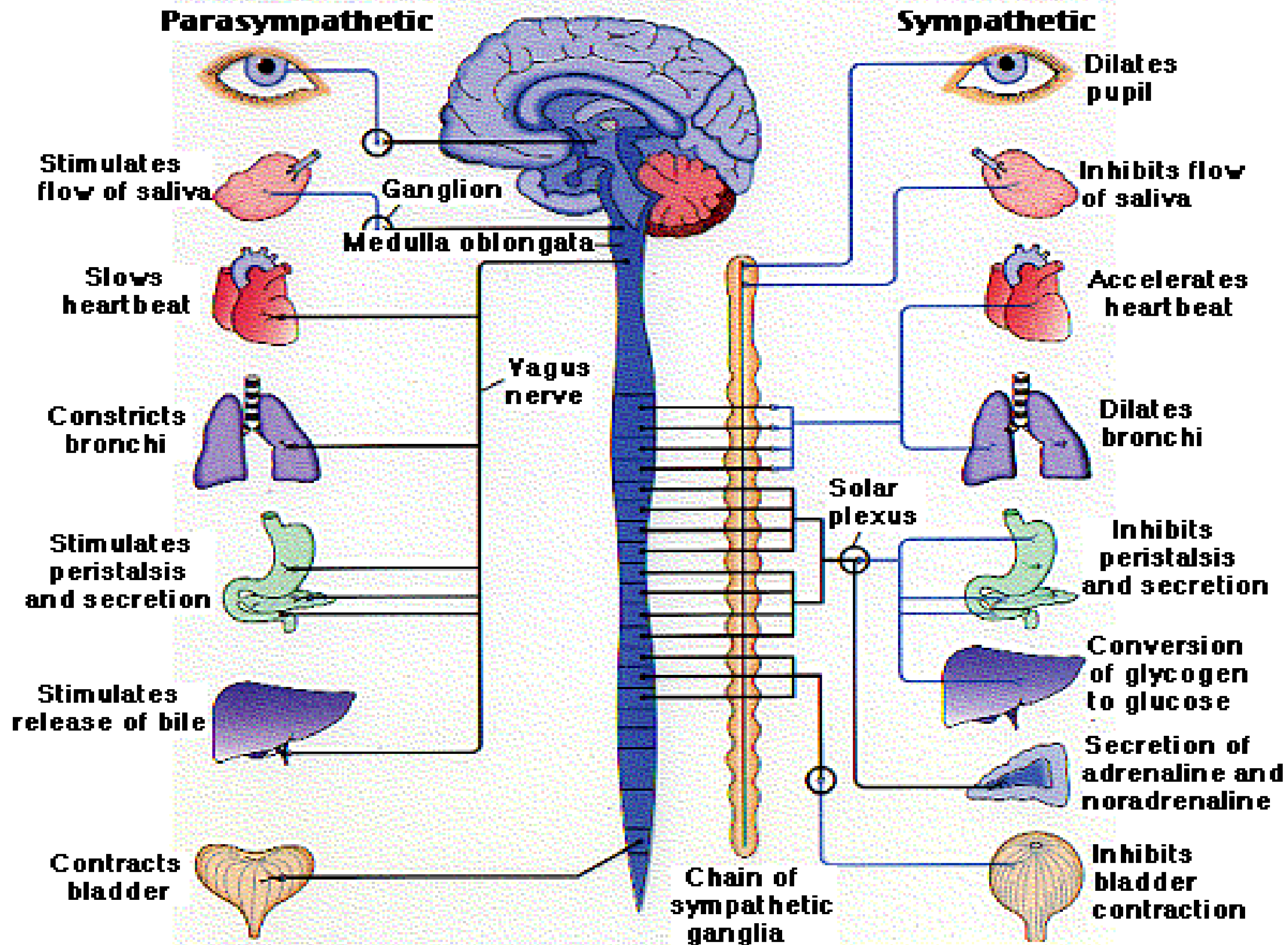


KELLI TO BE ALIGNED LLC
UNDERWOOD
SPEAKER, CONSULTANT, PSYCHOTHERAPIST

www.KelliUnderwood.com

Stress Activates the Sympathetic Nervous System



Parasympathetic

NS

DORSAL VAGAL
Immobility. Rest and
digest. Also when in
threat, tense; Our
emergency brake.

VENTRAL VAGAL
Social
engagement. Modulator-
allows us to ease up. In high
sympathetic, social
engagement can
calm us.



WINDOW OF TOLERANCE

Hyper-arousal zone



Indicators

Hyper-vigilance, impulsivity, racing thoughts, anger/rage, reactive, defensive, tension, feeling unsafe

Optimal arousal zone window of tolerance Ventral vagal

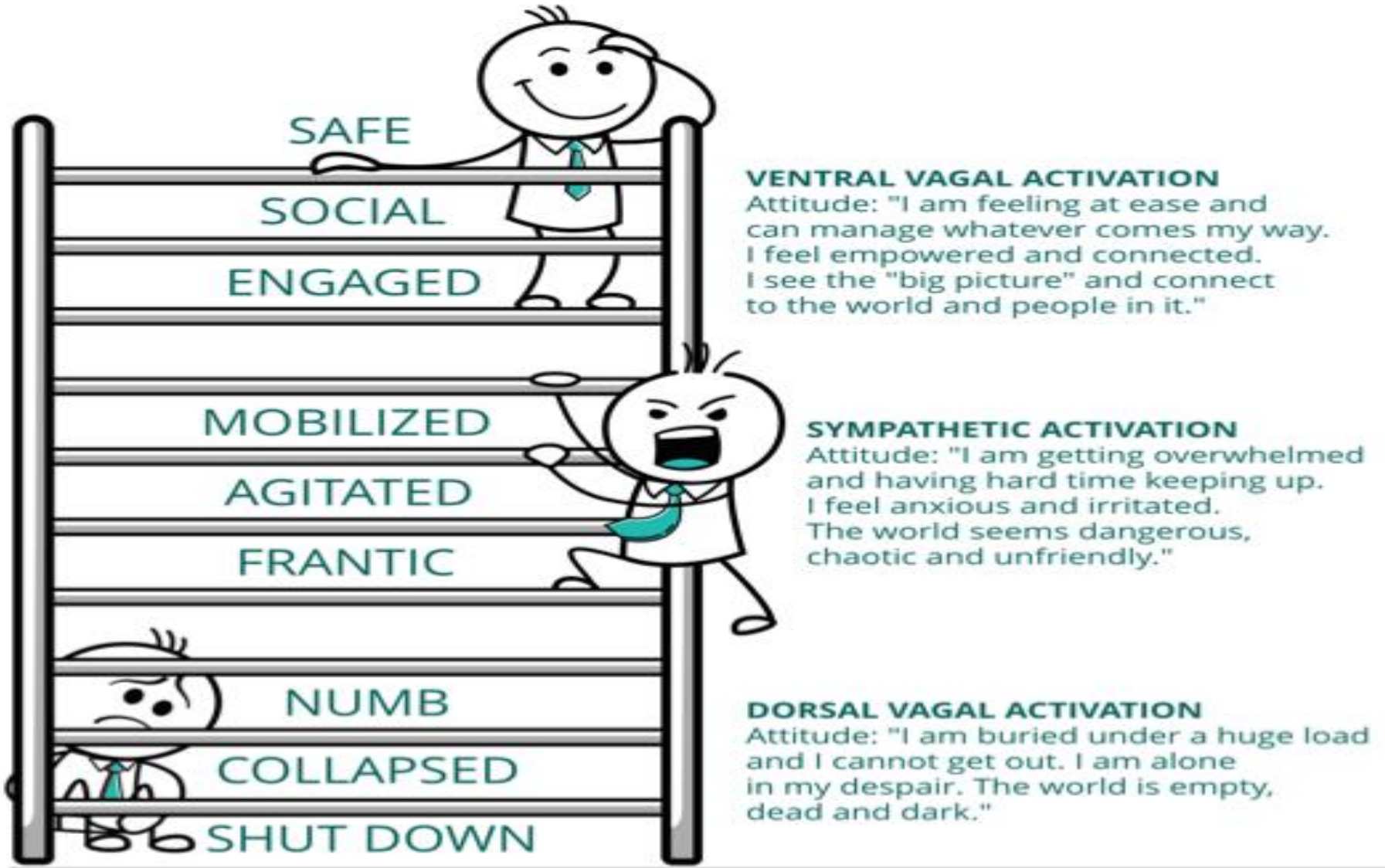
Open, curious, comfortable, aware in the present, think and feel, empathy, feel safe, adapt

Hypo- arousal zone



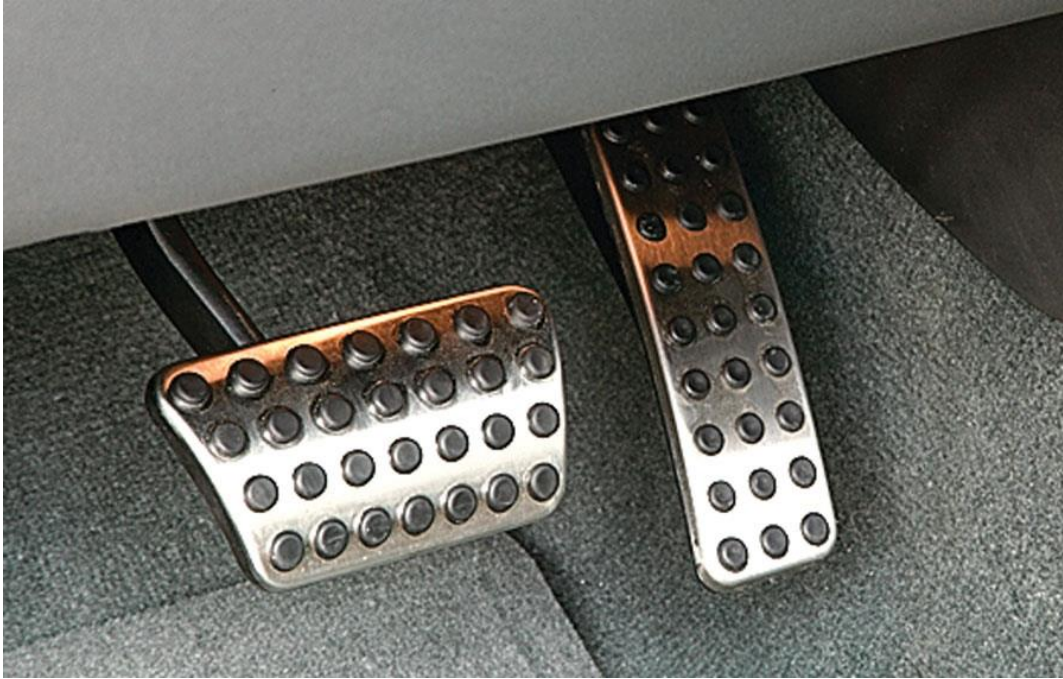
Dulled or numb emotions and sensations, shut down, passive, disconnected, not present, no energy, no physical movement

AUTONOMIC NERVOUS SYSTEM AS A LADDER



Adapted from *The Polyvagal Theory in Therapy* by Deb Dana

Symptoms of Traumatic Stress: Dysregulation of the ANS



Adapted from Dave Berger, Somatic Experiencing

Kelli Underwood, To Be Aligned, LLC

- **Stuck on ON- foot on accelerator= Over activation of the SNS- hyper-arousal, constriction**
- **Stuck on OFF- foot on brake= Over activation of the PNS, disconnection, dissociation**
- **Stuck on accelerator and brake= Concurrent Over Activation – anxiety and depression**

- <https://www.kelliunderwood.com/purchase/122227-Chart-of-Body-Tools-for-Regulation>