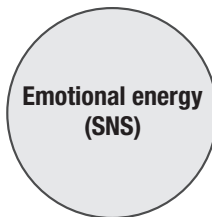


Autonomic nervous system (ANS) mental model

- Everything that happens in your body is a chemical/electrical interaction
- Your body is an energy system

ANS has two subsystems

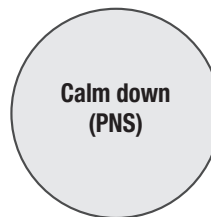
(gas pedal)



SNS (sympathetic nervous system)

- Fight/flight
- Intense joy/creativity
- Sensitive/reactive to trauma
- Hijacks the amygdala under stress
- Immune system stops functioning
- Digestive system stops
- Heart rate increases
- Fire alarm

(brakes)

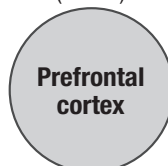


PNS (parasympathetic nervous system)

- Rest and digest
- Calm down
- Body can heal

These two systems are integrated and regulated by the prefrontal cortex

(clutch)



Safety and belonging

Your autonomic nervous system (ANS) immediately reacts if you think your safety or belonging is jeopardized. The SNS goes off, signaling you are in danger. Immediately, your PNS attempts to calm you down. In the process, your body gives “body tells” as your system tries to address the issue.