

Body's response to Stress (lisavoth.ca)

NO FELT SAFETY

FELT SAFETY

FAWN

- pleasing, anticipating needs, smile but often frozen
- "if I can please/help you then you'll be safer and I'll be safer"
- setting boundaries is hard

SOCIAL
ENGAGEMENT
SYSTEM (SNS)
Eyes, facial
muscles, voice,
ear, breath,
heartbeat
Ventral vagal
nerve

HEALTHY CONNECTION

- connection, discussion, listening, seeing and being seen

FLIGHT, FIGHT

- irritability, aggression, anger
- anxiety and fear

SYMPATHETIC
NERVOUS
SYSTEM
limbs/torso
mobilization
Hyper-arousal

- to make a decision: change a job, go to yoga, leave relationship etc.
- in sympathetic arousal while in relationship eg. sex or play

MOBILIZE

FREEZE

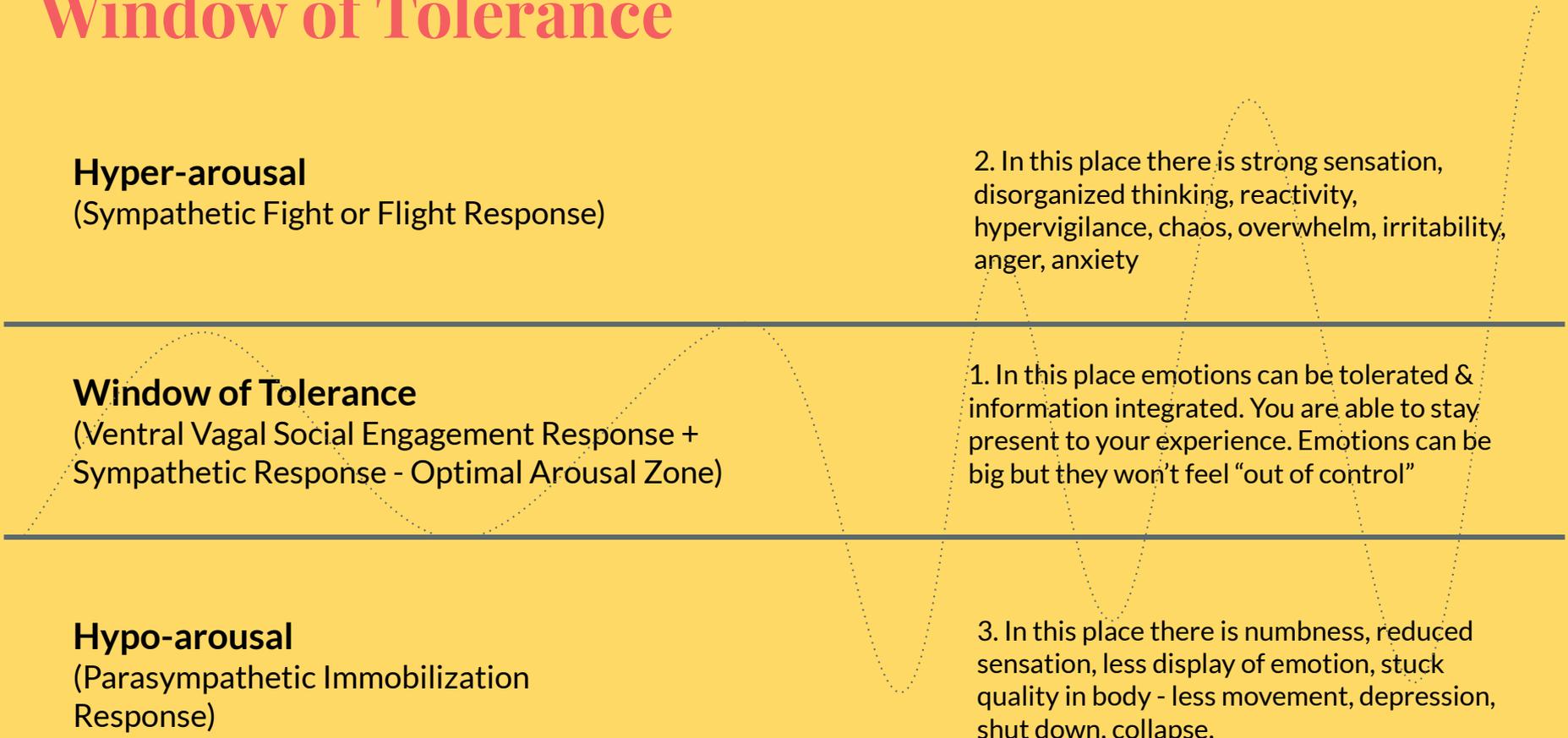
- hopelessness/helplessness
- depression/lethargy
- collapse/stuckness
- high tone dorsal

PARA
SYMPATHETIC
NERVOUS
SYSTEM
Hypo-arousal
guts
immobilization

REST

- able to feel tired
- able to be at rest in relationship
- low tone dorsal
- "rest and digest"

Window of Tolerance



Hyper-arousal

(Sympathetic Fight or Flight Response)

2. In this place there is strong sensation, disorganized thinking, reactivity, hypervigilance, chaos, overwhelm, irritability, anger, anxiety

Window of Tolerance

(Ventral Vagal Social Engagement Response + Sympathetic Response - Optimal Arousal Zone)

1. In this place emotions can be tolerated & information integrated. You are able to stay present to your experience. Emotions can be big but they won't feel "out of control"

Hypo-arousal

(Parasympathetic Immobilization Response)

3. In this place there is numbness, reduced sensation, less display of emotion, stuck quality in body - less movement, depression, shut down, collapse,