

**Nervous System Regulation** – When our nervous system is regulated we feel more comfortable in our bodies and life feels more manageable. We inherently know this and try to regulate our nervous system with food, substances, pills, TV, games and other mechanisms. However, it is possible to regulate our nervous system from within, using our awareness of our body.

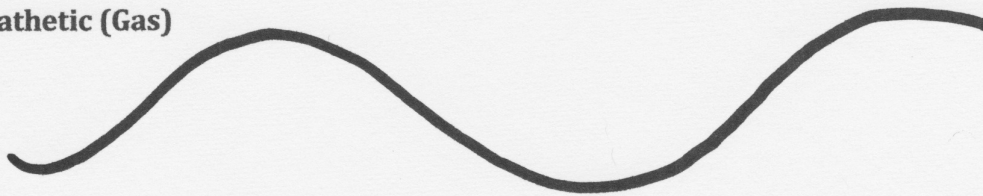
*Think Goldilocks*

## Regulated Nervous System

**“Just Right”** – Calm, Energized, Balanced, Embodied, Empowered, Intact Boundaries, Playful, Options, Well Being, Things Feel Manageable.

Overwhelm

Sympathetic (Gas)



Staying within a range of manageability  
Overwhelm

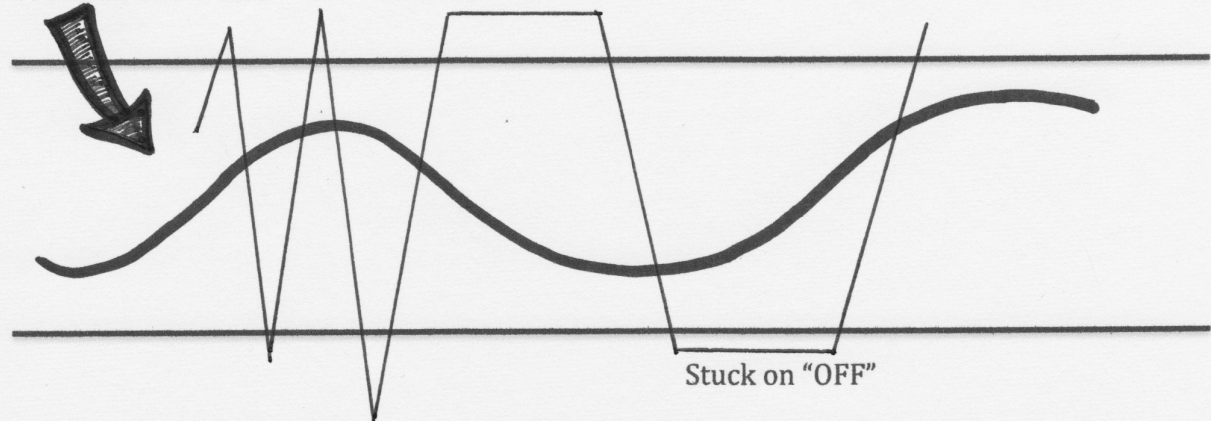
Parasympathetic (Brake)

## Dysregulated Nervous System

**“Too Much” (gas)** – Anxiety, Panic, Insomnia, Anger, Rage, Hypervigilance, Overwhelm, Mania, Insomnia, Increased Heart Rate, Cold Sweats, Difficulty Breathing, and Muscle Tension.

TRAUMA or STRESS

Stuck on “ON”



**“Not Enough” (gas)** – Depression, Fatigue, Lack of Energy, Overwhelm, Disconnection, Low Muscle Tone, Poor Digestion, Decreased Immune System, Low Heart Rate and Low Blood Pressure.

**Freeze** – Gas and brake are both engaged, so the car doesn’t move but the engine is revving!