

IMPORTANT DEFINITIONS

AUTONOMIC NERVOUS SYSTEM

Responsible for the control of unconscious bodily functions (such as breathing, heartbeat, and the digestive process).

Vagus Nerve

A nerve connecting the brain with other major organs that plays a central role in autonomic system functioning.

Autonomic Nervous System is made up of 2 parts: the Sympathetic and the Parasympathetic nervous system

Sympathetic

Fight, Flight, Freeze response

Parasympathetic

Relaxation response (Rest and Digest)

Heart Rate Variability (HRV)

Variation in time between each heartbeat (lower HRV = linked to PTSD and increased fight, flight, freeze response; higher HRV = linked to stress resilience and increased relaxation response)

Disclaimer: All content on this infographic is for informational purposes only. It does not substitute for clinical treatment or advice. If you, a friend, or a family member is struggling with mental health and/or addiction issues please call our main office at 952-926-2526. For emergencies, go to your nearest emergency room and/or dial 911.



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