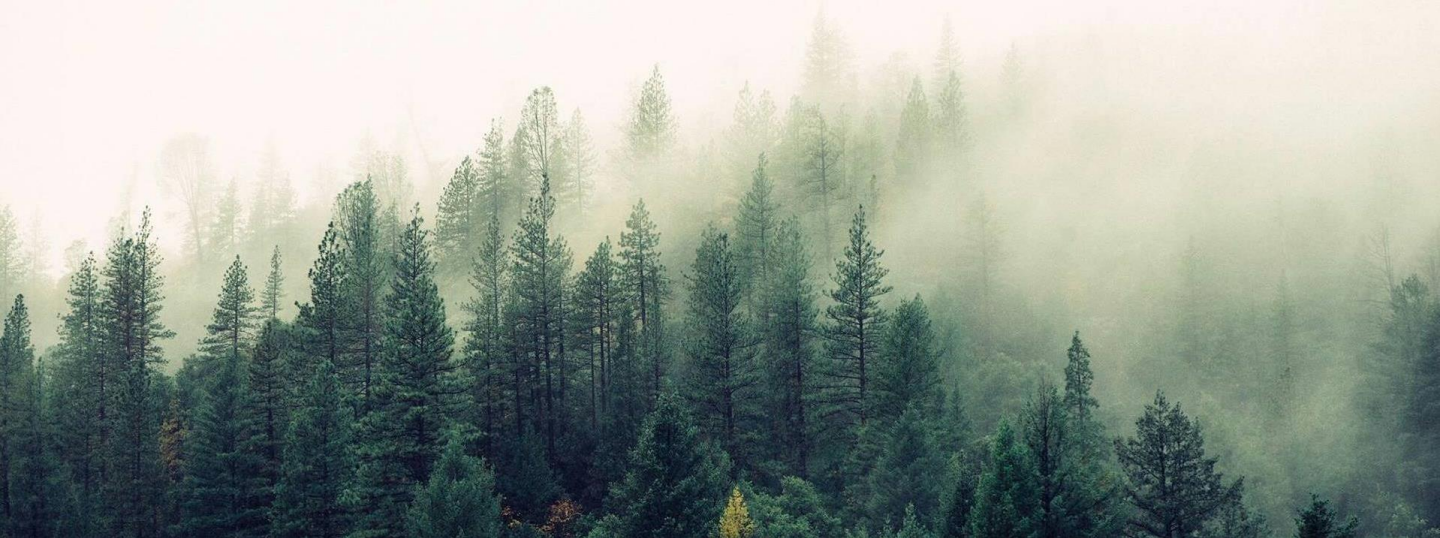




Nervous System Regulation

F i g h t F l i g h t F r e e z e F a w n

Fight and Flight Responses

These responses indicate a sympathetic nervous system response. The goal is to stimulate the parasympathetic system via the Vagus nerve to regulate the nervous system.

- **4-7-8 Breathing (or 4-4-4 “box breathing”)** - Inhale for a 4-count, hold for 7, exhale for 8. Use deep belly-breaths so engage your diaphragm, which will massage the Vagus nerve and decrease your heart rate.
- **Humming or Singing** - Vocal cord vibrations massage the Vagus Nerve.
- **Neck Massage** – *Gently* massaging the front of your neck on either side of the Adam’s apple soothes the Vagus Nerve.
- **Shock The System** – Brief intense cold exposure helps trigger the “dive response” lowering your heart rate. Apply an ice pack to the back of your neck, hold ice in your hands or mouth, or splash cold water on your face.

Freeze and Fawn Responses

These responses indicate a parasympathetic nervous system response. Dissociation is often at play. The goal is to stimulate the sympathetic system and create a sense of safety.

- **Physical Movement** – A short burst of movement like jumping jacks or dancing for 1-2 minutes will elevate your heart rate.
- **Tapping or Shaking** – Stimulates sensory input and releases tension.
- **Music** – Fast-paced music for 3-5 minutes bring you back to the present moment.