

POLYVAGAL VIDEO SERIES

VIDEO #1 INTRODUCTION



Facts about the Polyvagal Theory

- The vagus nerve is the "director" of the autonomic nervous system, the part of us that alerts to danger and modulates rest, digestion and healing.
- The vagus nerve starts in the brain stem which means its actions are primarily unconscious.
- As we pay attention to our body sensations and feelings, we can learn what the vagus nerve is telling us about our sense of felt safety.
- We now consider 4 F's: Flock, Flee, Fight and Freeze.
- To most effectively communicate with others, we need to be aware of our tone of voice and facial expressions, as well as how we receive the tones and facial expressions of others.
- Paying attention to our bodies is the number one way to understand our vagus nerve messages.