

Polyvagal Theory

InsightTimer

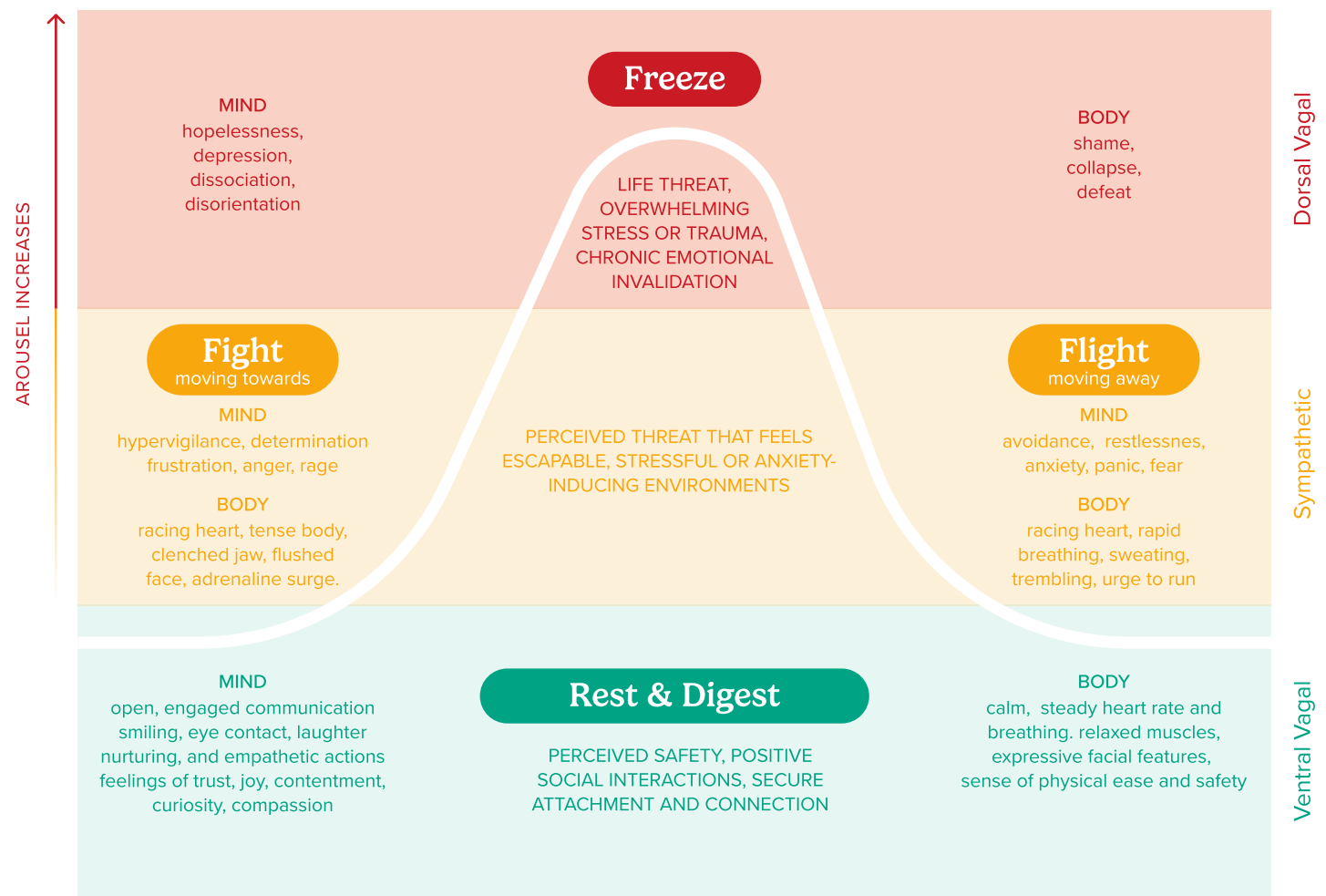
Created in collaboration with holistic counsellor [Naomi Goodlet](#)

Polyvagal Theory, developed by Dr. Stephen Porges, explains how our nervous system-especially the vagus nerve-shapes our emotional and physical responses to stress and safety. It describes three main states: feeling safe and connected (ventral vagal), fight-or-flight (sympathetic), and shutdown or freeze (dorsal vagal).

Understanding Polyvagal Theory matters because it helps us notice how our bodies react in different situations. This awareness can improve emotional regulation, relationships, and overall wellbeing.

Polyvagal Chart

The **Polyvagal Chart** is a visual guide that helps you recognize your body's three main nervous system states-safe and connected, fight-or-flight, and shutdown-so you can better understand your feelings, reactions, and ways to return to calm.



Insight Timer Practice:

Notice if you find yourself in the Fight, Flight or Freeze state and try the practices below to reconnect with your Rest & Digest state.



[Parasympathetic Nervous System Activation Breathing](#)



[Vagus Nerve Stimulation Breathing Practice](#)