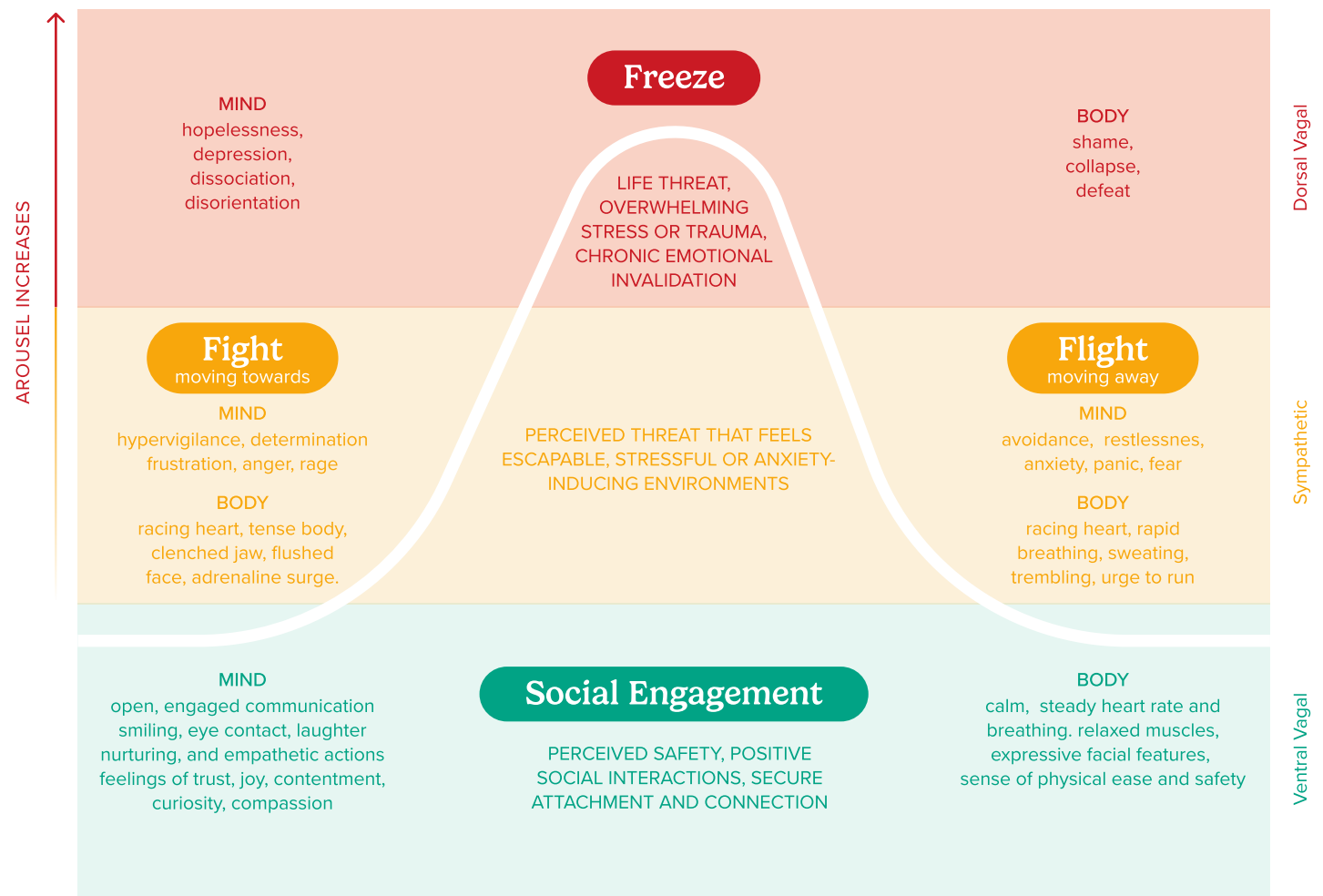


Polyvagal Theory, developed by Dr. Stephen Porges, explains how our nervous system-especially the vagus nerve-shapes our emotional and physical responses to stress and safety. It describes three main states: feeling safe and connected (ventral vagal), fight-or-flight (sympathetic), and shutdown or freeze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



[Vagus Nerve Stimulation Breathing Practice](#)



[Breathing To Create Psychological Shift Of Experience - Polyvagal Theory](#)