

The path to **CALM, FOCUS, and FREEDOM** is through a regulated nervous system.



Fight • Flight

- ★ Sympathetic/Survival State
- * Hyper-arousal/Danger
- * Dysregulated

MOBILIZATION
fear, anxiety, panic,
chaos, irritability, high sensitivity,
triggered, angry, impulsive, wired



Freedom *stress resilience*

- ★ Parasympathetic/Rest, Digest, Recover State (Ventral Vagal)
- * Window of Tolerance/Safe
- * Regulated and Resilient

PRESENT MOMENT AWARENESS
safe, calm, alive,
focused, connected, embodied,
empowered, curious, settled, mindful

Freedom is in the flow



Freeze

- ★ Parasympathetic/Survival State (Dorsal Vagal)
- * Hypo-arousal/Life Threat
- * Dysregulated

SHUTDOWN
overwhelm, depression,
fatigue, brain fog, numb, spacey, stuck,
collapsed, disconnected, dissociated, helplessness