

# POLYVAGAL CHART

STATE	CHARACTERISTICS	STRATEGIES TO REGULATE
VENTRAL VAGAL (SAFE CONNECTION)	Calm, social engagement, empathy, openness, rest-and-digest	Slow breathing, gentle socializing, grounding yoga, humming
SYMPATHETIC (MOBILIZED)	Activation, alertness, fight-or-flight, anxiety, agitation	Movement, pacing, exhalation-focused breath, stretching
DORSAL VAGAL (SHUTDOWN)	Immobilization, freeze response, overwhelm, dissociation or collapse	Gentle movement, self-soothing, sensory grounding, rest