

## Review/Watch

Biology of Stress Video #3: Vagus Nerve 101.

## Recap of Nervous System

\_\_\_\_\_ main nervous systems in vertebrates.

1) \_\_\_\_\_ nervous system

> Central nervous system is the \_\_\_\_\_ and \_\_\_\_\_.

2) \_\_\_\_\_ nervous system

> Peripheral nervous system is the a) \_\_\_\_\_ nervous system and the b) \_\_\_\_\_ nervous system.

Between all of these nervous system branches are pathways (sensory & motor) that \_\_\_\_\_ signals (sensations; stimuli; hormones; etc.) for human function (metabolism; homeostasis; etc.), action (movements) and survival (fight, flight, freeze).

## ANS Has Two Main Branches (Plus its Sub-Branched)

- Sympathetic Nervous System (SNS), which is our \_\_\_\_\_ and \_\_\_\_\_ survival system.
- Parasympathetic Nervous System (PNS) which is our \_\_\_\_\_ survival system.
- Then, the PNS is broken into two more branches:
  - Speedy, primitive, unrefined (unmyelinated) \_\_\_\_\_ nervous system (Dorsal Vagal Complex of the PNS).

- Steady, refined (myelinated), more evolved \_\_\_\_\_ nervous system (Ventral Vagal Complex of the PNS).

## Here's Where it Gets More Complicated 😊

Dorsal Vagal Complex of the PNS (the clumsy & unrefined portion of the dorsal (shutdown) has \_\_\_\_\_ main modes it operates in:

\_\_\_\_\_ Tone Dorsal.

\_\_\_\_\_ Tone Dorsal.

Low tone is the true \_\_\_\_\_ - \_\_\_\_\_ parasympathetic nervous system and is responsible for \_\_\_\_\_ and \_\_\_\_\_ of the body's many organs and organ systems:

- Supports \_\_\_\_\_ Repair.
- \_\_\_\_\_ System Response.
- Barrier Keeping of The \_\_\_\_\_ .
- \_\_\_\_\_ Repair and Regeneration.

For healing, health and our smarts to be restored, we want all \_\_\_\_\_ branches to be in sync with each other.

## The Two "Ceptions"

### THE FIRST "CEPTION"

\_\_\_\_\_ - ception



# Handout For Training Call #5

ANS AND SELF-REGULATION REVIEW, & THE TWO "CEPTIONS"

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## THE SECOND "CEPTION"

\_\_\_\_\_ - ception

Story time from 'Nurturing Resilience' Kain and Terrell (2018). Chapter 2, *Knowing When We Are Safe*.

## (Remember) Primary Wiring

The ventral vagal branch (the social engagement portion of our ANS) is not fully \_\_\_\_\_  
(nor mature) when we are born.

- We have to \_\_\_\_\_ how to use it.
- The refinement and \_\_\_\_\_ must be built up  
(via social engagement from another, more mature, human).
- If the wiring was not optimal early in life, we need to \_\_\_\_\_ the  
foundations and \_\_\_\_\_ the body what self-regulation and co-regulation is.

## Notes on Co and Self-Regulation

- This primary wiring is how we learn to \_\_\_\_\_ - \_\_\_\_\_.
- Interestingly, we learn self-regulation *via* \_\_\_\_\_ - regulation.

## For Example:

1. Baby \_\_\_\_\_ have self-regulation when born.
2. She \_\_\_\_\_ how to self-regulate by co-regulating with mom, or dad, or caretaker.  
*(This is just one of the hallmarks to healthy attunement between infant and adult: having connection with a more mature - and regulated - nervous system so the infant gets those primary wirings that start to form a self-regulating and more emotionally intelligent human being.)*
3. She learns how to self-regulate based on how she is taught in the co-regulation  
'\_\_\_\_\_.' She is 'borrowing' her caretaker's ventral vagal parasympathetic nervous system.

## Three stories to share - Teddy, Ryan, & Rome

All have been shared previously on my YouTube channel, but they are worth mentioning for this training call.

- **THE STORY OF TEDDY (HOW EARLY TRAUMA IMPACTS ALL OF US) - NOVEMBER 24, 2018**  
[https://youtu.be/dNts7T8\\_Vig](https://youtu.be/dNts7T8_Vig)
- **THE STORY OF RYAN (WHY SECURE ATTACHMENT IS ESSENTIAL) - NOVEMBER 28, 2018**  
<https://youtu.be/3WI3aUfsNxM>
- **HOW TO TAME A TANTRUM - JANUARY 27, 2019**  
<https://youtu.be/4EofdGeOUAo>



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Personal Notes: