

Polyvagal Checklist

If you have a solid understanding of these pieces, put a check! If not, keep learning!

- Autonomic nervous system
- Autonomic state
- Polyvagal ladder
- Neuroception
- The vagus nerve
- The vagal brake
- Story follows state
- Safety & social engagement
- Flight & fight
- Shutdown
- Play
- Stillness
- Freeze
- Behavioral adaptations
- Co-regulation
- Self-regulation
- Connection to trauma