

sleep	awake	morning	noon	afternoon	supper	evening	sleep
sleep	awake	morning	noon	afternoon	supper	evening	sleep

**SYMPATHETIC**  
**HIGH ENERGY**  
**ANXIOUS**

restless  
activated  
hypervigilance  
anger  
agression  
hamster wheel  
insomnia

fight / flight

**PARASYMPATHETIC**  
**VENTRAL VAGAL**  
**SOCIAL ENGAGEMENT**

calm  
curious  
connected  
present  
grounded  
healthy  
secure

**PARASYMPATHETIC**  
**DORSAL VAGAL FREEZE**  
**LOW ENERGY**  
**OVERWHELM**

exhausted  
heaviness  
depression  
chronic pain  
what's the point?  
conserve energy  
shutdown  
collapse