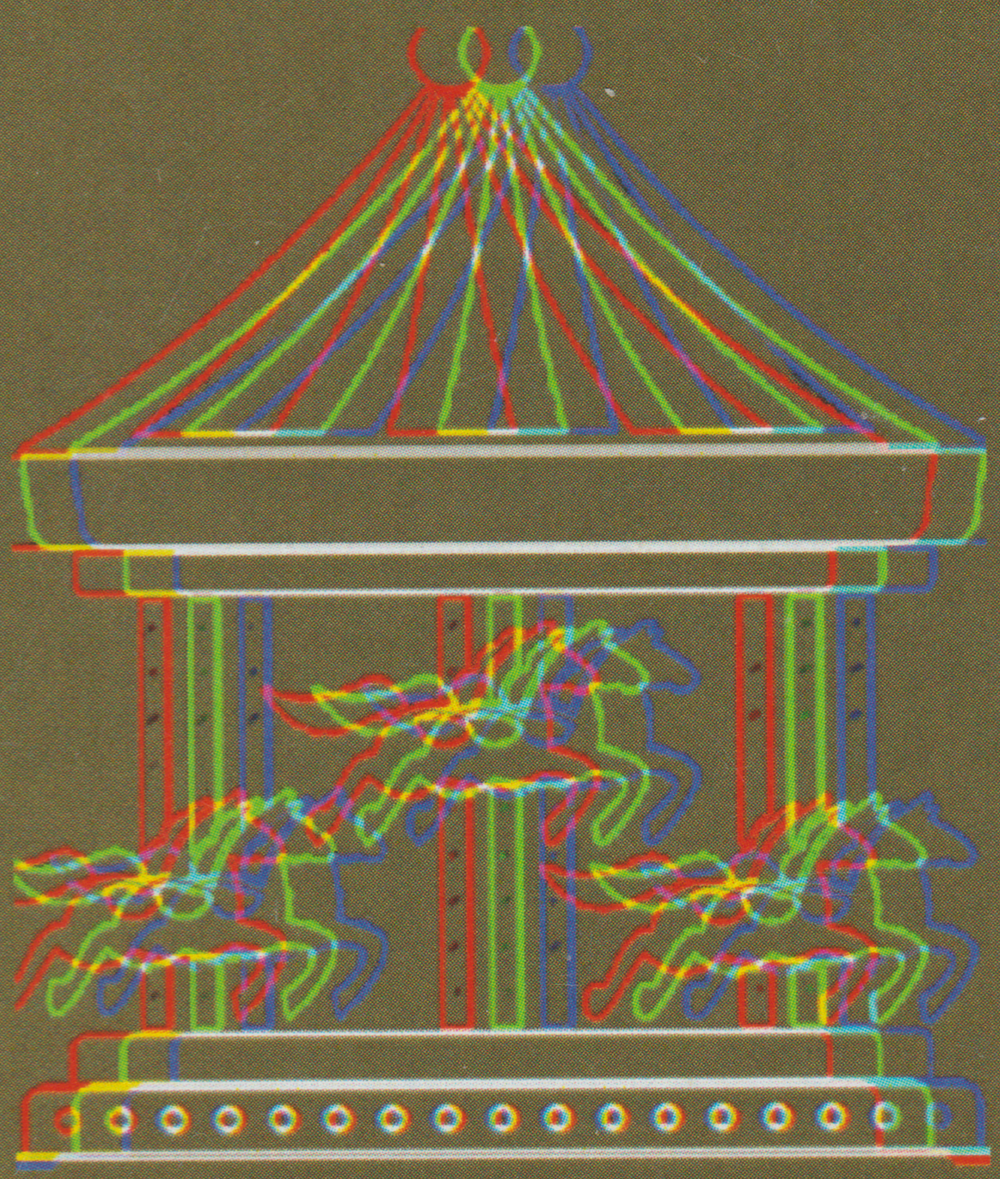
PVEI

Polyvagal Equine Institute



Whenever ventral is not overseeing the system, we move into a survival state.

Dysregulated

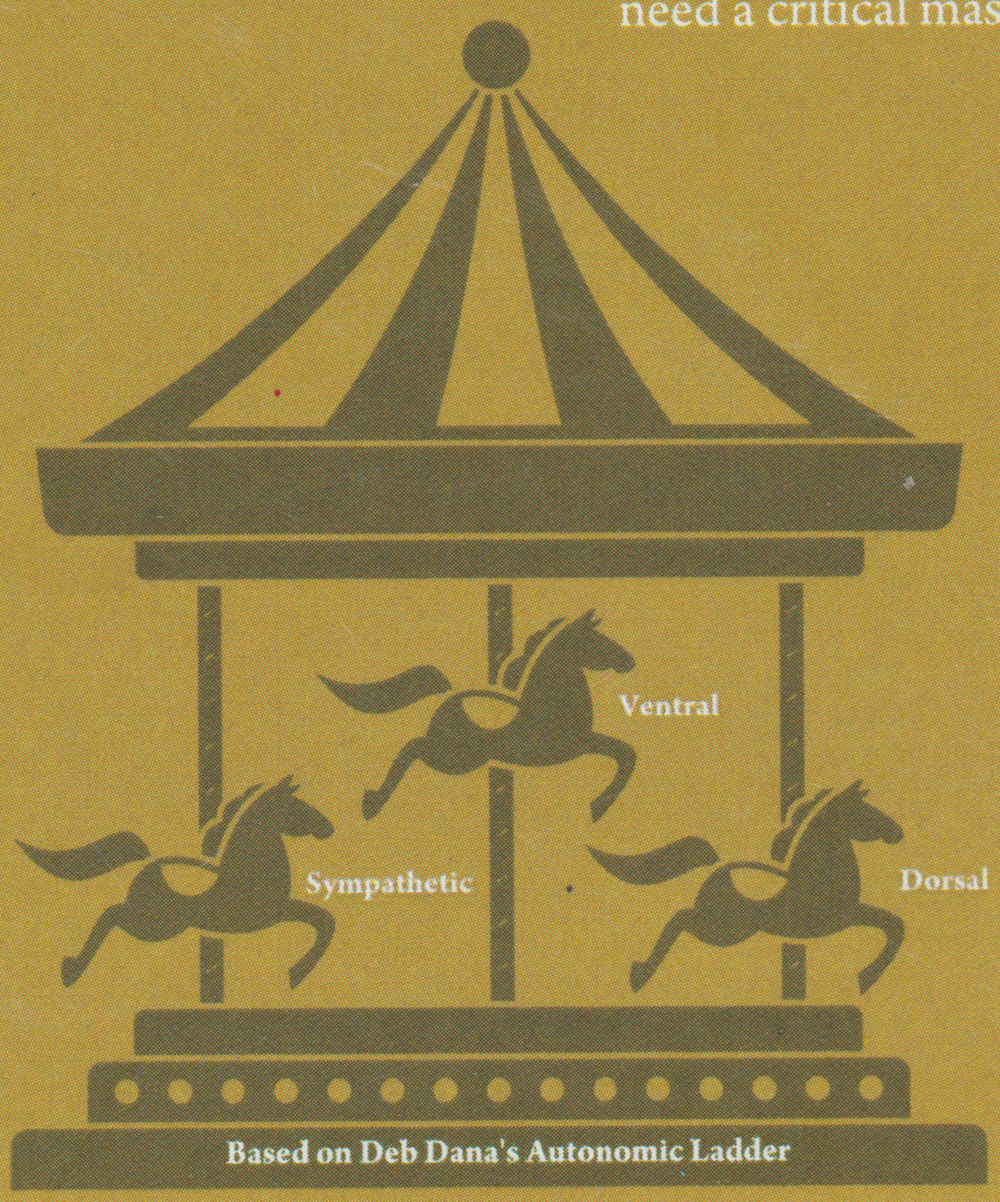
"I feel unsafe"

Sympathetic: Fight or Flight: We feel threatened, scared, or anxious.

Dorsal: Immobilized: We feel shut down, disconnected from the world around us.

We also experience flow or blending states. This combines one or more of the above.

A healthy ANS works quietly in the background moving through the states on the carousel, allowing for connection, movement, and digestion. We need a critical mass of ventral energy active and alive in our system to be in safety and not survival.



Regulated

"I feel safe"

Ventral: Socialize and Realize: We feel connected. Able to achieve our goals.

Sympathetic: Move and Groove: We might feel energized and excited.

Dorsal: Rest and Digest: Our heart rate slows and we feel calm and relaxed.

We also experience flow or blending states. This combines one or more of the above.