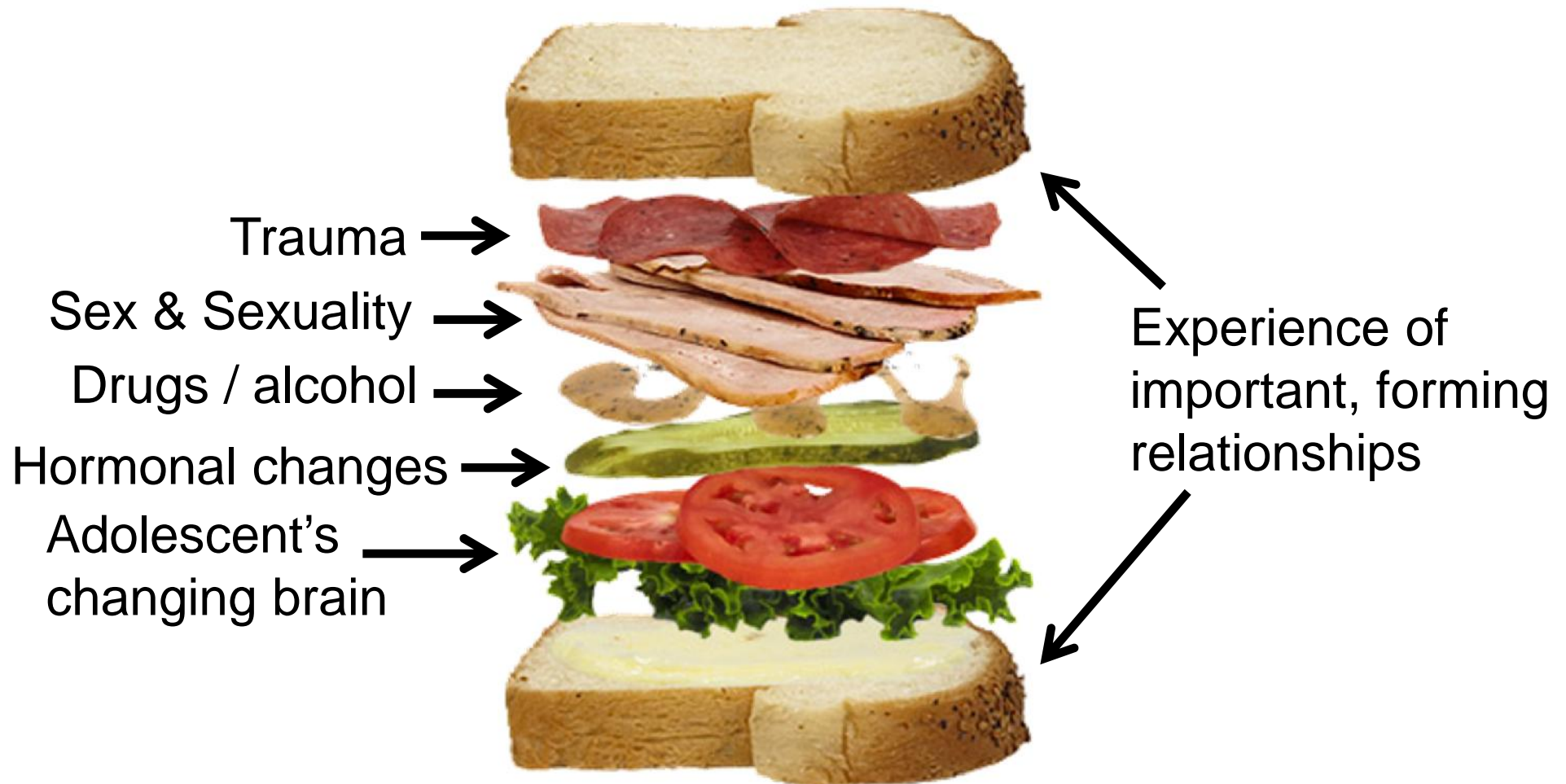


Understanding the Adolescence Sandwich



Polyvagal Theory and Protective Responses by Stephen Porges

Behavioural Functions

Body Functions



Social Engagement

Soothing and calming

Indicates safety

- * Lowers or raises vocalization pitch
- * Regulates middle ear muscles to perceive human voice
- * Changes facial expressivity
- * Head turning
- * Tears and eyelids
- * Slows or speeds heart rate



Mobilization

Fight or Flight
Active Freeze

Moderate to extreme danger

Hyper arousal

- * Increases heart rate
- * Sweat increases
- * Inhibits gastrointestinal function
- * Narrowing blood vessels- to slow blood flow to extremities
- * Release of adrenaline



Immobilization

Collapse or submission
Death feigning
Increased pain threshold
Conserves metabolic resources

Life threatening situations

Hypo- arousal

- * Slows heart rate
- * Constricts bronchi
- * Stimulates gastrointestinal function



Evolution

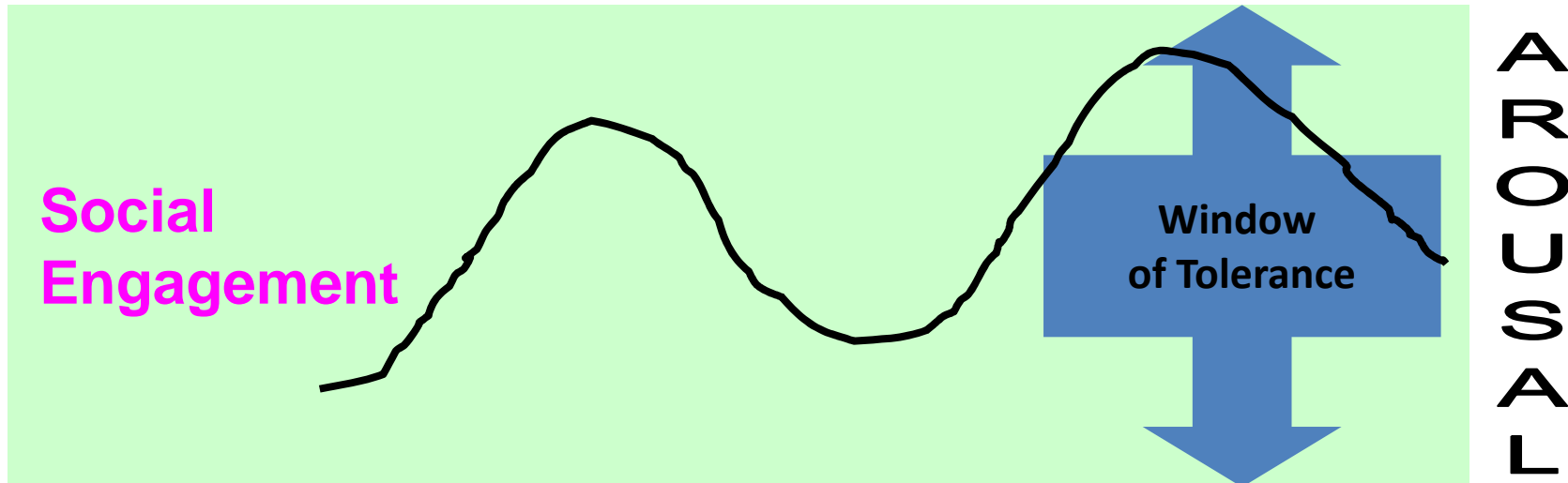
Regulated Arousal

**Mobilization
Hyper-arousal**

Fight or Flight hyper-vigilant, action-orientated, impulsive, emotionally flooded, reactive, defensive, self-destructive

**Too much arousal
to integrate**

Freeze Physically immobilized, frozen, tense musculature



**Immobilization
Hypo-arousal**

Flop Collapsed, weak, defeated, flat affect, numb, empty, helpless, hopeless

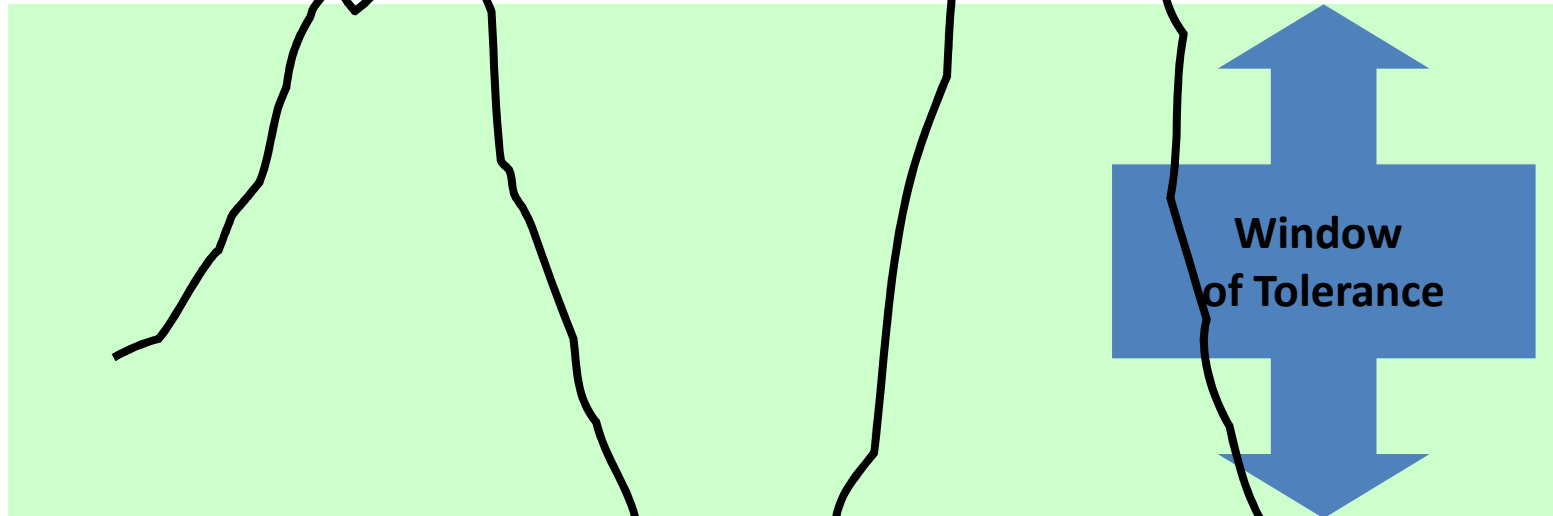
**Too little arousal to
integrate**

Dys-regulated Arousal

**Mobilization
Hyper-arousal**

**Too much arousal
to integrate**

Fight or Flight
or Freeze



AROUSAL

**Immobilization
Hypo-arousal**

**Too little arousal to
integrate**

Flop / Submission /
Collapse