

## MOMENTS OF MOVEMENT

The actual physical act of movement and bringing movement to life in your imagination activate and shape the autonomic nervous system (ANS). Each autonomic state has different levels of energy that you can identify and connect with.

Intentional use of movement can help make dorsal vagal and sympathetic states less intense and persistent if you are feeling either hyper or hypo aroused and outside of your optimal window of tolerance zone. Movement can also be a way to deepen ventral vagal capacities.

Along a continuum, identify movements that range from the least to the most energy available to you in that state.

<b>DORSAL VAGAL</b>	Movements that begin to gently energize you
<b>SYMPATHETIC</b>	Movements that use activated energy in organized, safe ways
<b>VENTRAL VAGAL</b>	Movements that prolong the experience

### DORSAL VAGAL

look outside   listen to music   imagine secure place/person   talk with a friend   beach walk  
←-----→

### SYMPATHETIC

worry beads   get up & move   howl or rant to a friend   run/swim laps   gym/spin class  
←-----→

### VENTRAL VAGAL

taking a walk   beachcombing   gardening   yoga class   bike riding   dancing  
←-----→

Having a movement continuum as a guide helps when our thinking is fuzzy because of intense dorsal vagal or sympathetic states.