

Autonomic Nervous System



Parasympathetic State

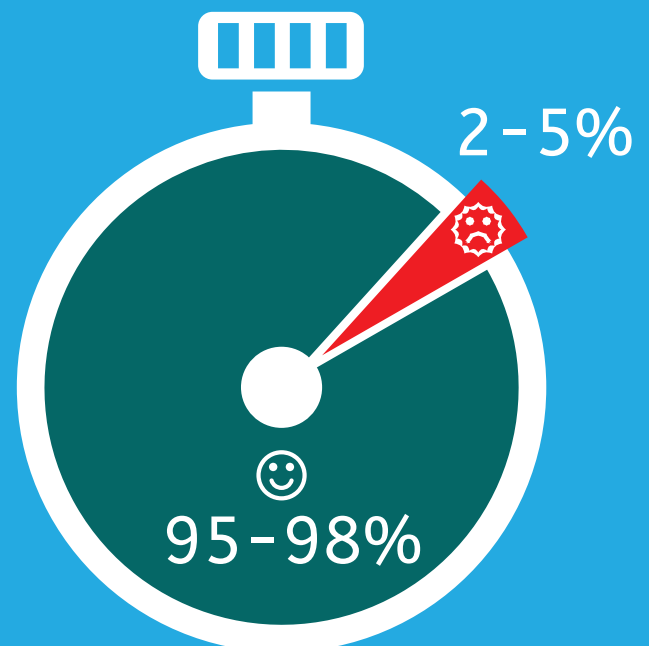
- State of Harmony
- Breathing & Awareness
- Maintains body
- Calm
- Slow heart rate
- Reduces stimulation
- State of wellbeing
- Healing Room



Sympathetic State

- State of Stress
- Fight
- Flight
- Freeze
- Startled
- Frightened
- Alert for danger
- Emergency room

Percentage of our
life we should
spend in each state.



Source: Marie Morgan - HypnoBirthing

