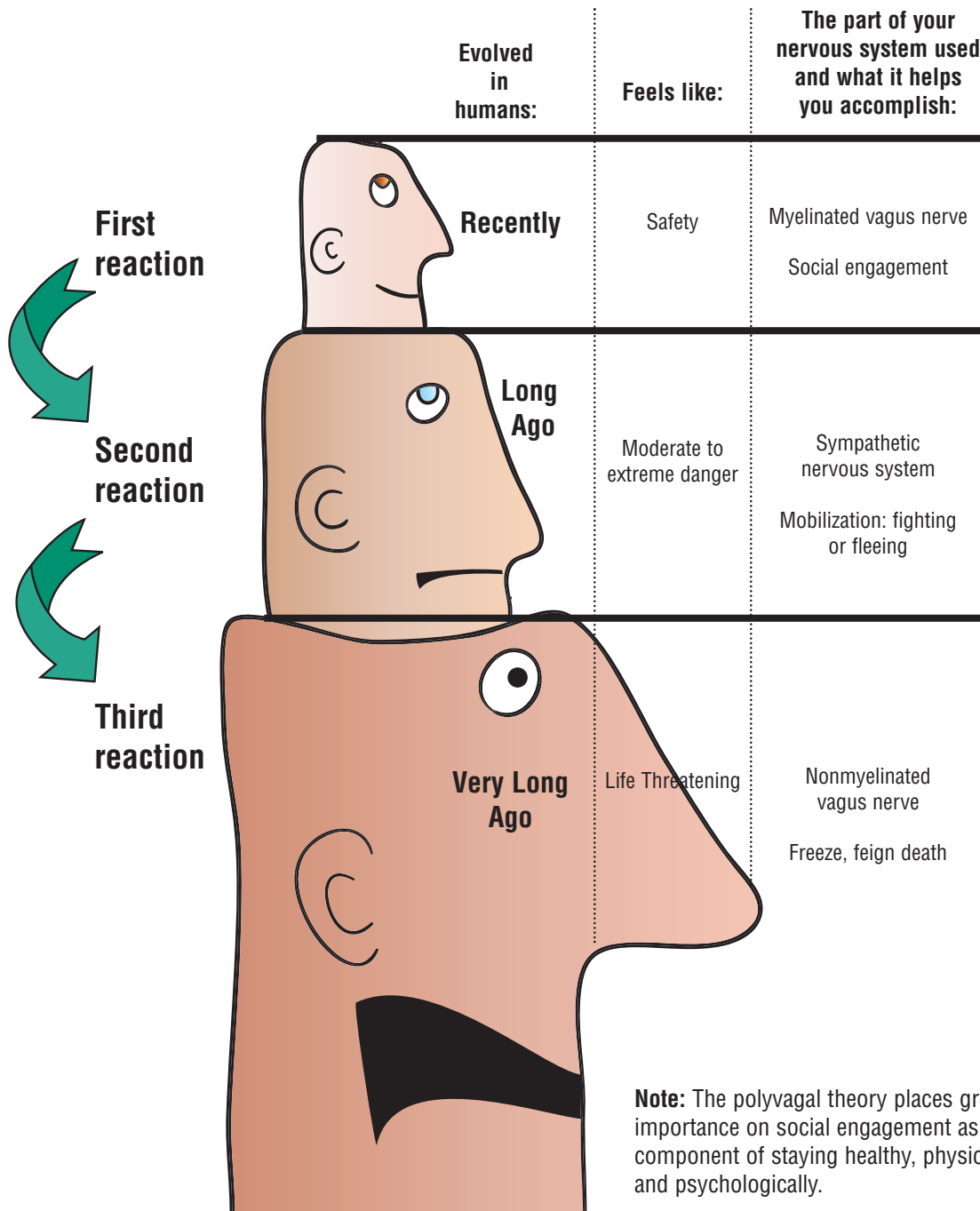


POLYVAGAL THEORY

By Ravi Dykema

Events trigger you to react. If your first reaction doesn't make you feel safe, you revert to the second, then the third:



Note: The polyvagal theory places great importance on social engagement as a component of staying healthy, physically and psychologically.