AUTONOMIC NERVOUS SYSTEM**
(smooth muscles)
(involuntary)

SYMPATHETIC BRANCH
Activates during positive and negative stress states including: sexual climax, rage, desperation, terror, anxiety/panic, trauma

Noticeable signs:
- Faster respiration
- Quicker heart rate (pulse)
- Increased blood pressure
- Pupils dilate
- Pale skin color
- Increased sweating
- Skin cold (possibly clammy)
- Digestion (and peristalsis) decreases

During actual traumatic event OR with flashback (visual, auditory and/or sensory):
- Preparation for quick movement, leading to possible fight reflex or flight reflex

PARASYMPATHETIC BRANCH
States of activation include: rest and relaxation, sexual arousal, happiness, anger, grief, sadness

Noticeable signs:
- Slower, deeper respiration
- Slower heart rate (pulse)
- Decreased blood pressure
- Pupils constrict
- Flushed skin color
- Skin dry (usually warm) to touch
- Digestion (and peristalsis) increases

During actual traumatic event OR with flashback (visual, auditory and/or sensory):
- Can also activate concurrently with, while masking, sympathetic activation leading to tonic immobility: freezing reflex (like a mouse, caught by a cat, going dead). Marked by simultaneous signs of high sympathetic and parasympathetic activation.

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