

Exploring Polyvagal Theory: Activism and your Autonomic Nervous System

Our current times have encouraged many to rally and join forces with local activist movements. But have you considered how that engagement may impact your nervous system?

Maegan and Lauren provide a quick overview of the three principles of Polyvagal Theory which then sets the stage for a first-hand account from guest Christine Terrell. Just back from a local activist opportunity, Christine shares her experience and what she learned about the pre-conceptual responses of her autonomic nervous system.

The polyvagal theory is the masterful work of Dr. Stephen Porges that in short, helps us see and understand habitual emotional patterns enough to interrupt them. In this organic series of on the spot learning, Health educator and Gemmotherapy expert Lauren Hubele, Japanese Acupuncturist Maegan Lemp guests explore the use of the Polyvagal Theory as a guide for selecting extracts.