



All Brains Belong VT
Neuroinclusive Healthcare & Community

Brain Club® Digital Resource Library

PLAIN TEXT SUMMARY

Nervous System 101

Summary

The nervous system is in charge of how we respond to stress. Everyone gets stressed. People respond to stress differently.

In this Brain Club®, we talk about how our body's nervous system works. We also talk about some ways to feel better.

Key terms:

Regulation or “regulated”	Regulation means your brain and body feel good enough to do your activities.
Dysregulation or “dysregulated”	Feeling too upset to do what you are trying to do. This usually happens when something stressful happens.
Autonomic nervous system	The nervous system helps control things your body does without thinking. Examples are breathing, heartbeat and digesting food.
Neuroception	This word means how your body checks for danger around you.
Polyvagal theory	Polyvagal theory was created by Dr. Stephen Porges. It explains how our brains and nervous systems work.
Dysautonomia	See What is Dysautonomia?

Further learning:

- [Autism Level Up](#)
- [Self Reg](#)
- [Beyond Behaviors](#)