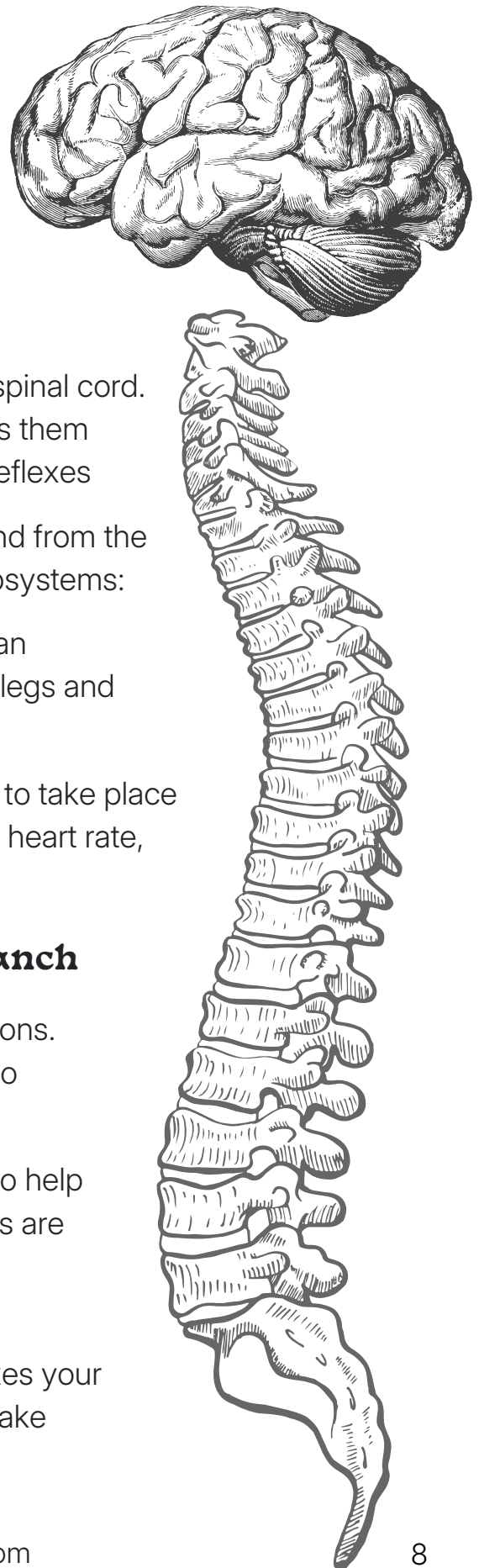


What is the Nervous System?

Simply: It is the super computer of your body and guides every conscious and unconscious process.

It's made of several branches with specific functions.

Here is a simplified overview:



- Central Nervous System: made up of the brain and spinal cord. The brain sends signals out to the body and receives them through the spinal cord. The cord also coordinates reflexes
- Peripheral Nervous System: All the nerves that extend from the spinal cord to all areas of the body. It has 2 main subsystems:
 - Somatic - delivers signals to muscles that you can consciously control like moving your hands and legs and consciously controlling your breath
 - Autonomic - sends signals for critical processes to take place without thinking about them like your hormones, heart rate, digestion, breathing, blood pressure

Core Focus in This Course: Autonomic Branch

The Autonomic Nervous System has three distinct divisions. Two of which we can help regulate throughout the day to reduce overall stress on the body.

- Sympathetic - the "fight or flight" response created to help us run away from a predator or fight a foe. Hormones are released to increase heart rate, blood pressure, and breathing. Blood flow is directed to your limbs
- Parasympathetic - the "rest & digest" response relaxes your body after periods of stress or danger. Healing can take place during this state