



Lesson 12:

Tuning the Nervous System

Responding to the cues of the nervous system to improve our effectiveness

Where is one highly effective place to influence the vagus nerve?

What is meant by balanced tone in the nervous system?

What is the *master sphincter* of the body?

Take a moment to research the social nervous system (or *social engagement system*). Based on your research, how does the social engagement system help regulate the other aspects of the the nervous system?

What is a nervous system handle?

Why is it important to address this area earlier in the session?

How does a nervous system handle impact the dynamic flow through the tube of the body?

