Perception of threat
Limbic system assess threat
Amygdala signals alarm
Hypothalamus turns on 2 systems:

Sympathetic Nervous System (SNS): involuntary - moderates muscles in times of stress
Adrenal Glands
Epinephrine/Norepinephrine
Mobilisation for flight or fight
Mobilisation persists
PTSD symptoms: hyperarousal and/or hypoarousal, dysregulation of nervous system

Corticotropin-releasing factor (CRF)
Pituitary Gland
Adrenocortico-tropic Hormone (ACTH)

Activation of Parasympathetic Nervous System simultaneous with SNS - leading to freeze reaction & tight muscles
Dorsal Vagal Complex activates as last line of defense and numbs or shuts down body & get limp musculature

Release of Cortisol (Hydrocortizone) Hormone
Halting of alarm reaction

Sheri Zala (2011) ©
Adapted from Babette Rothschild (2000) & Steven Porges (2011)