

# Central Nervous States

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Overload	<ul style="list-style-type: none"><li>-shut down or flight</li><li>- fear</li><li>- verbal “garbage”</li><li>- decreased memory/no memory of the event</li><li>-violence - lashing out</li></ul>
High	<ul style="list-style-type: none"><li>-loss of focus</li><li>-stress, anxiety</li><li>-racing heart</li><li>-racing thoughts</li><li>-disorganized behavior</li><li>-active coping</li></ul>
Medium or Equilibrium	<ul style="list-style-type: none"><li>-focused</li><li>- interacting with others</li><li>- enjoys talking</li><li>- can learn</li><li>-can bond with others</li><li>-organized behavior</li></ul>
Low	<ul style="list-style-type: none"><li>- can't focus</li><li>- slow heart rate</li><li>- lethargic or sleepy</li><li>- responses are slowed</li><li>- propping of the body</li></ul>
Sleep	

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