

Shutdown 'disconnected brain'
(eg dissociated/unreal/dream-like/catatonic)
freeze

Over Alert

'primitive reptile brain'
Protective, but can also be defensive/reflexive
(eg angry/aggressive/irritable but also extreme effort/energy if needed)
fright – fight or flight

Calm and Alert

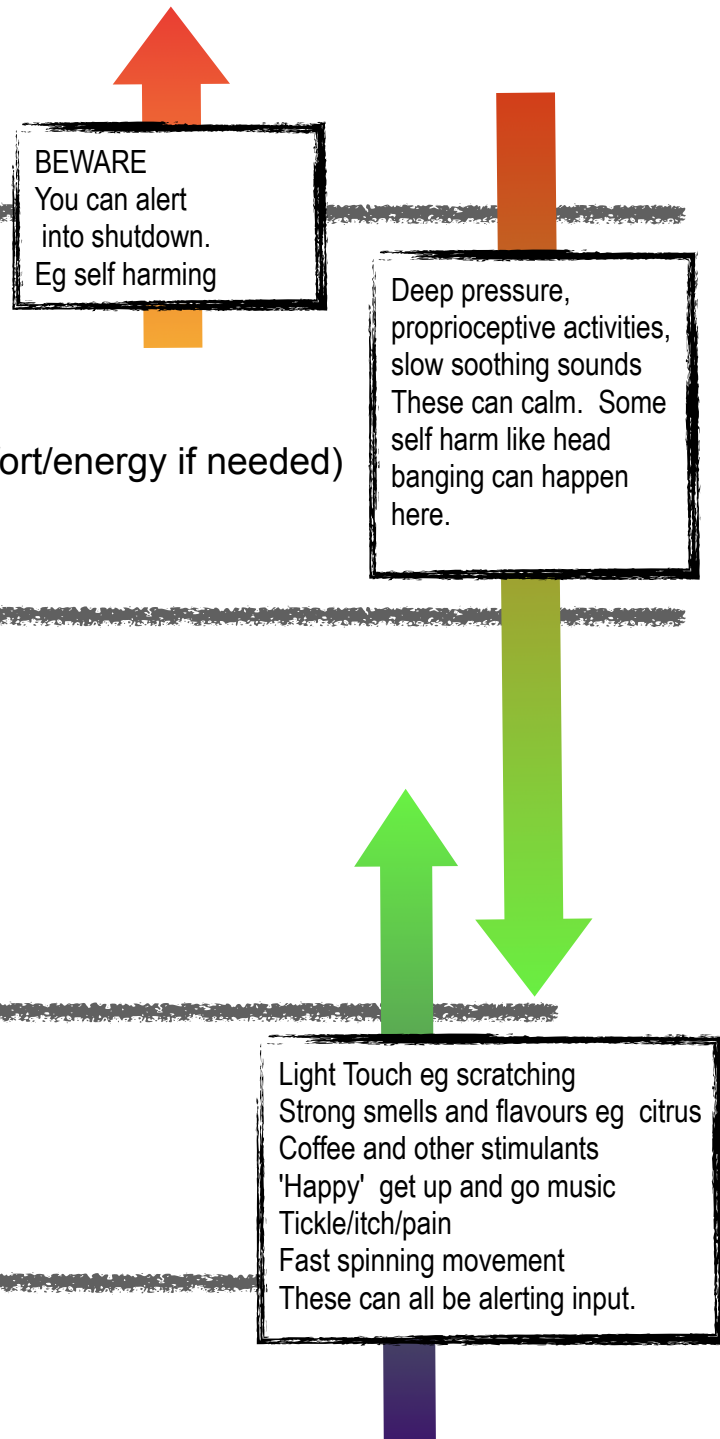
'cerebral cortex human brain' drives optimal functioning
Mindfulness
This space enables and promotes:
• learning
• remembering
• make good decisions – 'clear' thinking

Under Alert

(low/bored/disinterested)

Sleep States

Reticular Activating System is a key regulator/waker -
like a sensory scanning background for NB info



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References:
Breathnach, E; 2000 - Teaching on Sensory Modulation
Smith, K and Turner, A; 2002 – Sensory Levels

Sensory Ladder
Levels of Arousal