

# Heart Health & the Nervous System

## The Heart Is Directly Regulated by the Nervous System

Heart rate, rhythm, and cardiovascular responsiveness are regulated by the autonomic nervous system. Chronic stress and prolonged sympathetic activation can influence heart rate variability, blood pressure, and emotional heart strain.

Nervous system regulation supports cardiovascular resilience by improving vagal tone, reducing stress hormone output, and supporting the body's natural ability to adapt and recover.

## Common Experiences Linked to Dysregulation

- Palpitations or awareness of heartbeat
- Stress-related blood pressure changes
- Shortness of breath during stress
- Emotional heart strain or chest tightness
- Fatigue or reduced stamina
- Difficulty calming after stress

## How Nervous System Regulation Supports Heart Health

**A regulated nervous system supports heart health by:**

- Enhancing heart rate variability
- Supporting adaptive stress responses
- Reducing chronic cortisol exposure
- Improving sleep and recovery
- Supporting emotional regulation and resilience

Nervous system regulation complements—but does not replace—medical cardiovascular care.

## Gray's 3™ Insight: Supporting Cardiac Resilience

When the nervous system shifts from survival into regulation, the heart gains greater flexibility and resilience. Gray's 3™ supports this shift, helping the heart respond to stress with adaptability rather than strain.