



CENTRAL NERVOUS SYSTEM

Brain & spinal cord. The information processing hub of our bodies.

Peripheral Nervous System

All the other nerves that radiate out from the brain and spinal cord.

Autonomic Nervous System

Regulates bodily functions and responds to stress.

Somatic Nervous System

Voluntary muscle movements, sensory input.

Sympathetic Nervous System

Stress response system.

Parasympathetic Nervous System

Rest, recovery, digestion.