

PARASYMPATHETIC NERVOUS SYSTEM

The "Rest and Digest" Response Map

CRANIAL REGION

Oculomotor (III)
Facial (VII)
Glossopharyngeal (IX)
Vagus (X)

SACRAL REGION

S2 - S4 Spinal Nerves

PHYSIOLOGICAL EFFECTS

Eyes *Pupil constriction*

Salivary Glands *Stimulates secretion*

Heart *Slows heartbeat*

Lungs *Constricts bronchi*

Stomach *Stimulates digestion*

Liver *Stimulates bile release*

Intestines *Increases motility*

Bladder *Contracts bladder*

Educational Reference Template – Anatomy & Physiology Learning Series