

Divisions of the Nervous System

Psychology

The hierarchy of divisions, and which ones you control.

Each division nested inside the one above.

Division	Contains	Controls
Central	Brain, spinal cord	Processing
Peripheral	All other nerves	Transmission
Somatic	Sensory and motor nerves	Voluntary movement
Autonomic	Internal regulation	Automatic function
Sympathetic	Part of autonomic	Fight or flight
Parasympathetic	Part of autonomic	Rest and digest

The two autonomic branches are usually antagonistic: sympathetic raises heart rate, parasympathetic lowers it.