

Below is a List of Section titles and Track names of an informal reading of the article:

Porges, S. W. (2020). The COVID-19 Pandemic is a paradoxical challenge to our nervous system, a Polyvagal Perspective. *Clinical Neuropsychiatry*, 17(2),135-138.

with appreciation to Jenn Wesanko for sending us the article.

1/Abstract and credits. page 135

2/ The Pandemic impacts on our biological imperative to connect. page 135

3/A one nervous system model heightens awareness of bidirectional brain-body communication . page 135

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5/Public health strategies compound feelings of threat. page 136

6/ Mitigating threat responses through videoconferencing page 137

7/ Conceptualizing autonomic state as an intervening variable enhances the understanding of risk and optimizes treatment page 137

8/ References pages 137-8

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