Stillness is a mixed state combination. It's the ventral vagal social engagement system being utilized along with the dorsal vagal shutdown system. Stillness is being **immobilized while in safety**.

The ability to be still while safe is imperative for basic life functioning:

- sitting in silence
- practicing self-reflection
- using the restroom
- being physically intimate
- sleeping

Individuals that are stuck in a more flight/fight defensive state may experience feelings of danger when still. For them, being immobilized in stillness is simply unsafe. The safety pathways are not active enough to settle into a calm stillness.

If you're already in a flight/fight state of danger, then you need to be mobile. If you were in the wild, your body would be ready to run or fight. You wouldn't sit in a chair in this state. The gazelle that is running from a lion doesn't lay down to go to sleep. They use the energy within them.