

M C P S E R V E R

N O C O D E

C L O U D H O S T E D

Nervous System Regulation Planner MCP.

Manage your autonomic states with Polyvagal Theory based guidance.

Nervous System Regulation Planner MCP uses Polyvagal Theory to help you navigate your autonomic nervous system. Your AI client can identify physiological states, validate your symptoms, and build custom activity plans to help you move toward a more regulated state.

A+ Quality Score 100/100

polyvagal

nervous-system

regulation

wellness

health



The connectivity layer between AI and the world's software.

Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

Your AI Connections Run Through Vinkius Cloud

The world's largest
managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.

— Architecture principle

Four Pillars of the Vinkius Runtime

01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

AES-256

Encryption at rest

Ed25519

PKI vault signatures

24h TTL

Ephemeral session keys

V8 Isolate

Sandboxed execution

One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

MCP ENDPOINT`https://edge.vinkius.com/{token}/mcp`

Claude



Cursor



VS Code



Windsurf



Grok



Gemini

Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

01 — Ed25519 PKI Vault

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

02 — V8 Isolate Sandboxing

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

06 — Honeypot Trap System

Phantom credentials are injected into isolated environments. If a honeypot is used outside Vinkius infrastructure, the server is quarantined instantly.

Emergency Kill Switch

EU AI Act Art. 14(1)
Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

Control Plane

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Incident Log

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

Get started at cloud.vinkius.com — connect your AI agent in under 60 seconds.

Nervous System Regulation Planner MCP

4 tools available

Cloud-hosted on Vinkius

You can use this MCP to better understand how your body is responding to stress and environment. Instead of guessing why you feel stuck or overwhelmed, you can use your AI client to map your physical sensations to specific autonomic states. The MCP provides the framework to identify if you are in a sympathetic, dorsal, or ventral state. Once you know where you are, your agent can suggest specific, actionable activities to help you shift your nervous system back to a state of safety or mobilization. It also helps you keep track of how different interventions affect your physiological state over time, making it easier to spot patterns in your regulation progress.

Core Capabilities

01 — State Identification

Your agent uses physiological descriptions to help you identify your current autonomic state.

02 — Symptom Validation

The AI checks your reported physical sensations against Polyvagal Theory to confirm your state.

03 — Customized Activity Planning

Your agent builds specific action plans to help you shift between nervous system states.

04 — Progress Tracking

The MCP logs the results of your regulation sessions to monitor your long term trends.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/nervous-system-regulation-planner — connect your AI agent in three steps.

- 01 Connect the MCP to Claude, Cursor, or Windsurf via Vinkius.
- 02 Describe your current physical symptoms or feelings to your AI client.
- 03 The AI uses the MCP to validate your state and suggest a regulation plan.
- 04 Perform the suggested activities.
- 05 Log the outcome of the session to track your progress.

Connect the MCP to your preferred client and start describing your physical sensations.

Built For

This MCP is for individuals looking to apply Polyvagal Theory to their daily wellness and nervous system management.

Wellness Practitioners

They use the tool to help clients map physiological symptoms to autonomic states.

Self-Regulators

Individuals who want an AI-driven way to manage stress and nervous system shifts.

Health Coaches

They use the data to track how specific activities impact a person's regulation progress.

What Changes When You Connect

- 01 Maps physical symptoms to specific autonomic states using Polyvagal Theory.

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- | | |
|-----------|---|
| 02 | Provides targeted activity plans based on your current physiological needs. |
| <hr/> | |
| 03 | Logs session outcomes to track how well different interventions work for you. |
| <hr/> | |
| 04 | Validates whether your physical sensations align with your perceived state. |
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Real-World Applications

Acute Stress Management

When you feel a sudden spike in anxiety, your agent can suggest immediate grounding exercises.

Overcoming Shutdown

If you feel numb or disconnected, the MCP can suggest sensory stimulation to help you mobilize.

State Education

You can ask your agent to explain the characteristics of different states to better understand your body.

Long-term Pattern Tracking

You can log your regulation sessions to see which activities most effectively move you toward a ventral state.

Patterns to Avoid

Guessing your current state

❌ AVOID

You tell your agent you feel stressed and ask for a plan without checking if your symptoms actually match that state.

✓ INSTEAD

Use `validate\_symptom\_alignment` first to confirm if your physical sensations align with your perceived autonomic state.

Ignoring long term trends

❌ AVOID

You perform a regulation exercise but don't record the outcome, leaving you with no way to know what actually works.

✓ INSTEAD

Always use `track\_regulation\_progress` after a session to log how the intervention affected your physiological state.

Using generic stress advice

❌ AVOID

You ask for general relaxation tips when you are actually experiencing a dorsal shutdown.

✓ INSTEAD

Run ``get_regulation_plan`` to get activities specifically designed to move you from your current state toward safety.

The Right Fit

Connect this MCP if you want to use Polyvagal Theory to manage physiological stress. It is not for people looking for general meditation apps or generic wellness advice. The decision depends on whether you want to map specific physical symptoms to autonomic states.

Nervous System Regulation Planner Tools

These tools let your agent map physical sensations to autonomic states and build custom recovery plans.

#	TOOL	DESCRIPTION
01	get_state_characteristics	This tool describes the specific physiological and emotional feelings associated with a particular autonomic state.
02	track_regulation_progress	Use this to record how a specific regulation session ended and how it affected your state.
03	validate_symptom_alignment	This tool checks if the physical symptoms you are feeling actually match the autonomic state you think you are in.
04	get_regulation_plan	This tool generates a custom list of activities designed to help you move toward a more regulated state.

See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

U I feel very anxious and my heart is racing. I have 15 minutes. What should I do?



Since you are experiencing sympathetic activation, I recommend these grounding activities: 5 minutes of deep belly breathing and 10 minutes of gentle stretching.

U I feel numb and disconnected. I have 10 minutes.



You appear to be in a dorsal state. I suggest 10 minutes of gentle sensory stimulation to help with mobilization.

U What does the ventral state feel like?



The ventral state is characterized by feelings of safety, social engagement, and calm presence.

Frequently Asked Questions

01 What is Polyvagal Theory?

It is a framework used by this MCP to understand how the autonomic nervous system regulates states like safety, mobilization, and shutdown.

02 Which AI clients can I use with this MCP?

You can use this MCP with any compatible client including Claude, Cursor, and Windsurf.

03 How does the MCP help with anxiety?

The MCP identifies sympathetic activation and provides specific activities like deep breathing to help you regulate.

04 Can I track my progress over time?

Yes, the `track_regulation_progress` tool allows you to record the outcomes of your sessions.

05 Do I need to set up my own hosting?

No, Vinkius hosts and manages the MCP for you, so it is ready to use immediately after connection.

06 How do I know which state I am in?

You can use the `'get_state_characteristics'` tool to understand the physical and emotional indicators of ventral, sympathetic, or dorsal states.

Go Live in 60 Seconds

Get your connection token from cloud.vinkius.com, then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

`https://edge.vinkius.com/[TOKEN]/mcp`

CLIENT	WHERE TO CONFIGURE
 Claude AI	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
 Cursor	Settings → Features → MCP Servers → "+ Add New MCP Server" → Type: SSE → Paste endpoint
 VS Code	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add <code>"nervous-system-regulation-planner": { "url": "..." }</code>
 Windsurf	MCP Settings → <code>mcp_settings.json</code> → Add endpoint URL
 ChatGPT	Settings → Tools & plugins → Add MCP server → Paste endpoint
 Gemini	Extensions → Add MCP Server → Paste endpoint URL

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

-  Ask ChatGPT 
-  Ask Claude 
-  Ask Perplexity 
-  Ask Gemini 
-  Ask Grok 

READY TO CONNECT

Nervous System Regulation Planner is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and
start building. No SDK. No deployment. Just results.

Start at cloud.vinkius.com →

vinkius.com · support@vinkius.com

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Platform	Vinkius Cloud for AI Agents
Endpoint	https://edge.vinkius.com/{token}/mcp

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