Nervous system

Central nervous system (CNS)

Brain

Spinal cord
Connects brain and peripheral nervous system

Peripheral nervous system
Carries messages to and from the CNS

Somatic nervous system
Controls voluntary muscles and transmits sensory information to the CNS

Autonomic nervous system
Controls involuntary body functions

Sympathetic nervous system
Arouses body to expend energy

Parasympathetic nervous system
Calms body to conserve and maintain energy