

EXERCISE TO STIMULATE THE VAGUS NERVE

The Vagus Nerve helps stimulate the Parasympathetic Nervous System which can help move us of the Flight/Flight/Freeze trauma responses.

Try these exercises:



Deep Breathing

Breathe in through your nose for 6 to 8 counts. Exhale through your mouth for 8 to 10 counts. Repeat for 3-5 minutes, or longer if you can.



Gargle Water

In the morning and evening, gargle water for at least 30 seconds. You can try to do it before you brush your teeth or try different times until you find what works best for you!



Ear Massage

Use your fingers and massage the ridge of your ear in circular motions. Massage up and down, in circles, along the ridge. Now gently pull the ear away from the head a few times. When done with the ear, make sure you massage the skull on both sides in circular motions, too.



Cold Water Therapy

Pick what works for you or do them all!

- Submerge your face in very cold water for 30-60 seconds
- Turn your shower to cold and stand under it for 30 seconds
- Place and icepack in the center of your chest for 30 seconds

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Singing or Humming

Sing or hum regularly--even if you don't think you can!



Neck Stretches

Sit on a chair or the floor. Pull your stomach muscles towards the spine, sit up nice and tall, and inhale. When you exhale, drop your right ear to your right shoulder. Use your right hand to push into the stretch a bit more. Hold for 60 seconds. Repeat on the left side



Spinal Twist

Sit on a chair or the floor. Pull your stomach muscles towards the spine, sit up nice and tall, and inhale. When you exhale, twist your body to the right. Use your right hand to push into the stretch a bit more. Hold for 60 seconds. Repeat on the left side



Listening to ASMR

Find ASMR videos on YouTube or look up and app for your phone. There are plenty out there! Find what works for you and engage in listening daily.