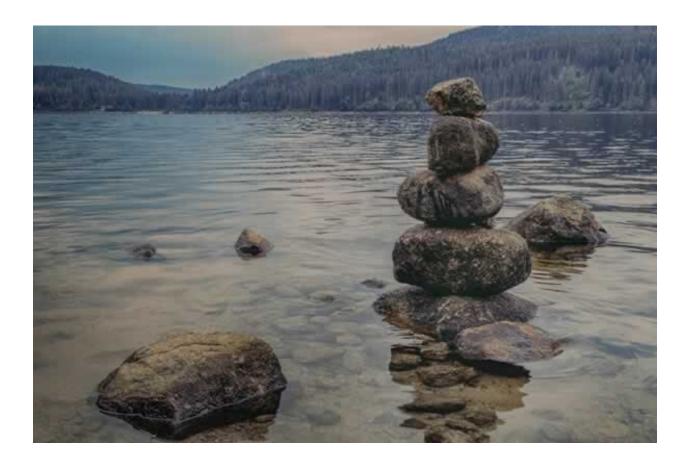


## How To Activate Your Vagus Nerve

- Slow, rhythmic, diaphragmatic breathing.
- Splashing cold water on your face, or taking a cold shower, stimulates the dive reflex, which is associated with stimulating the vagus nerve. You can also achieve the same effect by holding a ziplock bag filled with ice cubes against your face. Or submerge your tongue in cold liquid.
- Meditating.
- Do yoga.
- Humming, or making a "vooooooo" or "om" sound stimulates the vocal cords and facilitates long, slow, exhalation.
- Valsalva Maneuver: Exhale against a closed airway by keeping your mouth closed and pinching your nose while trying to breathe out. It increases the pressure inside of your chest cavity thereby stimulating your vagus nerve.
- Prosody, the act of speaking slowly, rhythmically and melodically as
  if you're soothing a young child or pet.
- Spend time in nature.
- Think positive thoughts about other people.
- Engage in positive social relationships.
- Laugh out loud! I full belly laugh stimulates the vagus nerve and is contagious!
- Engage in prayer.
- Mild exercise stimulates gut flow and the vagus nerve.
- Massages, even gently massaging around the carotid sinus located on the sides of your neck can stimulate the vagus nerve.
- Gargling activates the vagus nerve by activating the muscles in the back of the throat while exhaling slowly.

Cultivate healthy intestinal bacteria, use probiotics.



Synthesized from the work of Stephen Porges, Deb Dana, and Bessel Van Der Kolk pulled from:

https://www.innisintegrativetherapy.com/blog/2017/11/21/calming-a-wigged-out-autonomic-nervous-system-using-the-vagus-nerve