

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! A 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>