

Vagus Nerve Stimulation Guide *Support Your Nervous System Naturally*

The **vagus nerve**, the longest cranial nerve in the body, plays a vital role in regulating key functions such as heart rate, digestion, and the stress response. When you stimulate the vagus nerve, you activate the parasympathetic nervous system—the "rest and digest" mode—which promotes calm, healing, and emotional balance.

Here are **9 simple techniques** you can start today to help strengthen your vagal tone and support your mental and physical well-being:

1. Deep Breathing

Slow, diaphragmatic breathing signals safety to your nervous system. Try this: - Inhale through your nose, allowing your belly to rise. - Exhale slowly through your mouth. - Aim for ~6 breaths per minute (try 5 seconds in, 5 seconds out).

2. Humming or Chanting

Humming or chanting (like "OM") vibrates your vocal cords, stimulating the vagus nerve. - Hum a favorite tune or chant softly for 2–5 minutes. - Try with eyes closed for deeper grounding.

3. Gargling

Gargling engages throat muscles linked to the vagus nerve. - Use warm or salty water and gargle vigorously for 30–60 seconds. - Repeat 2–3x daily for best effect.

4. Cold Exposure

Cold activates the "diving reflex," promoting parasympathetic activity. - Splash cold water on your face. - Try ending your shower with 30 seconds of cold water.

5. Laughter

Laughter increases endorphins and naturally stimulates the vagus nerve. - Watch a funny show, chat with a friend, or try laughter yoga.

6. Yoga + Tai Chi

Mind-body movement supports vagal tone. - Try gentle yoga flows or tai chi. - Poses like Fish Pose or Lion's Breath are especially helpful.

7. Meditation + Mindfulness

Being present quiets the fight-or-flight system. - Focus on breath, body sensations, or calming imagery. - Great apps: *Calm*, *Insight Timer*, *Othership*, *Vagus Nerve Reset*.

8. 🙋‍♀️ **Massage + Acupressure**

Gentle touch can calm the vagus nerve. - Try neck, chest, or abdominal massage. - Light pressure or circular motion works well.

9. 🤝 **Social Connection**

Positive relationships activate the vagus nerve's social engagement system. - Spend time with loved ones. - Engage in meaningful conversations.

👨‍🍳 **Daily Practice, Lasting Benefits**

Incorporating these tools regularly may: - Reduce anxiety & inflammation - Improve mood & digestion - Enhance sleep & emotional resilience

Listen to your body, start slow, and choose what feels safe and nourishing. Your nervous system is always listening—let's speak to it with care.