

15 ways to regulate your nervous system

The vagus nerve supports the body's relaxation response, helping to calm the nervous system. Here are simple techniques you can use to activate it for stress relief.

PROGRESSIVE MUSCLE RELAXATION:

Gradually tense and relax different muscle groups starting from the feet and moving upwards.

DISCHARGE EXERCISES:

Allow the natural discharge of energy by shaking out your hands/arms, deep breathing, or yawning.

VAGUS NERVE STIMULATION:

Splash cold water on your face or use a cold pack on your forehead and back of the neck.

HUMMING OR CHANTING:

The vibrations created by humming or chanting stimulate the vegus nerve.

BODY SCANNING:

From head to toe, notice any areas of tension, discomfort, or numbness.

PENDULATION:

Move between states of tension and relaxation and notice the difference between these states.

RESOURCING:

Recall a positive memory or imagine a safe place that brings you comfort and ease, and focus on the body sensations.

GARGLING:

Gargle with water for several minutes to stimulates the muscles at the back of the throat, and vagus nerve.

FOOT MASSAGE:

Massage the feet to activate the vagus nerve through pressure points.

SINGING:

Singing at a low pitch, can stimulate the muscles around the vocal cords.

SOOTHING TOUCH:

Place your hand on your chest or abdomen, and applying gentle pressure.

SLOW MOVEMENT:

Make slow, mindful movements w/ Qi Gong, stretching, or yoga.

TONGUE EXERCISE:

Press the tip of your tongue to the roof of your mouth and hold it there for a few seconds to activate the vagus nerve through cranial nerves.

TRACKING:

Notice physical sensations, such as tingling, or warmth, without judgment.

DEEP MINDFUL BREATHING:

Inhale slowly and deeply through the nose, allowing the abdomen to rise, then exhale slowly through the mouth.