

# Quick Vagus Nerve Stimulation

Exercises for calm & clarity

A 3–5 minute vagus nerve exercise can help reset your brain and return you to a calm, prefrontal cortex state. This is especially helpful when you can't think clearly and need physical calm and awareness. Try these simple exercises to stimulate your vagus nerve and promote relaxation.

## Vagus Nerve Stimulation Exercises

Follow these exercises to stimulate your vagus nerve. Remember to listen to your body and adjust as needed.

### 1. Sing, Hum, or Chant

Use your vocal cords to stimulate the vagus nerve.

#### Instructions:

- Sing your favorite song.
- Hum quietly.
- Chant 'om' or another calming sound.
- Continue for 3 minutes.

### 2. Laugh

Engage your diaphragm to stimulate the vagus nerve.

#### Instructions:

- Watch a funny video.
- Say the stressor in a silly voice
- Force a 'ha-ha-ha' laugh until it feels natural.
- Continue for 3 minutes.

### 3. Cold Exposure

Cold exposure can quickly stimulate the vagus nerve.

#### Instructions:

- Splash your face with ice water for 30 seconds.
- Hold an ice cube.
- Place a cold compress on your neck or chest.

#### **4. Jump Up and Down**

Gentle jumping or shaking helps regulate your nervous system.

##### **Instructions:**

- Bounce on your feet.
- Do 10–15 jumping jacks.
- Shake out your arms and legs.

#### **5. Head Below Heart**

Gentle compression of the torso can stimulate the vagus nerve.

##### **Instructions:**

- Child's pose.
- Forward fold.
- Bend over in a chair.

#### **6. Salivate**

Activate the 'rest and digest' system.

##### **Instructions:**

- Imagine biting into a lemon.
- Think of a favorite meal.
- Chew sugar-free gum.

#### **7. Compassionate Mindfulness Meditation**

Practice gentle awareness without judgment.

##### **Instructions:**

- Sit quietly and watch your thoughts float away on clouds.
- Label thoughts as 'thinking' and let them go.
- Focus on your breath.

#### **8. EFT (Tapping)**

Gently tap specific points to send calming signals.

##### **Instructions:**

- Tap between eyebrows for 30 seconds.
- Tap collarbone.
- Tap side of hand.

#### **9. Self-Massage**

Apply gentle pressure to release tension.

##### **Instructions:**

- Massage sides of neck.
- Rub behind ears.
- Give yourself a foot rub focusing on the arches.

## 10. Guided Yoga Flow

An interactive yoga session to connect mind and body.

### Instructions:

- Find a guided yoga session online or use your own flow.
- Focus on breathing and gentle movement.
- Move your body, even if it's just a little bit.

## Key Takeaways

Incorporating these simple vagus nerve stimulation exercises into your daily routine can help you manage stress, improve clarity, and promote overall well-being. Experiment with different techniques to find what works best for you, and remember to be patient and gentle with yourself.