

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.