

The Vagus Nerve System

REALLY? What's the Deal?

Let's all take a deep breath, giving a little extra help to the largest cranial nerve in our body. The vagus nerve works to control the parasympathetic nervous system or rest and digest system and can greatly influence our immune system while sending signals from our brain to our organs (think emotional well-being digestion stress regulation and sleep too!)

LET'S DO THIS!

Here are some ways to help support your vagal tone

- Guided yoga meditation on YouTube can find someone who resonates with you
 - Melissa Wood Health - she offers a free trial has several low impact, guided yoga flows and the issue feeling calm and ready to let go of whatever you may be gripping!
- App that resonates with you calm app is a good start
 - Reading material interesting: *Stress Less, Accomplish More: Meditation for Extraordinary Performance* by Emily Fletcher
- Journaling-sometimes we don't even realize what our subconscious and bodies are holding
- Deep breathing (4-7-8... Additional supportive sheets as well)
- Tapping for stress release.
 - Check out this intro video:
 - <https://www.thetappingsolution.com/tapping-101>
- Vagus nerve stimulators:
 - cold therapy dash can be cold tub or ending your shower on a cold experiment and see how it makes you feel

- Singing or humming-the Vagus nerve is attached to our vocal cords, and this can have a calming effect
- Acupuncture
- Exercise
- Being social, laughing
- Massage-reflexology on the feet
- DNRS program-a more advanced but highly successful practice
- calming oils will be different for each person
- Vibrant oils parasympathetic blend is a good one to start with
- Additional reading
- *Accessing them healing powers of the Vagus Nerve* by Stanley Rosenberg-