

VAGUS NERVE

EXERCISES TO ACTIVATE THE PARASYMPATHETIC SYSTEM



BREATHE: 4 IN / 5 HOLD / 6 OUT



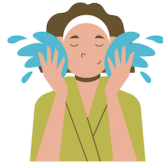
JOURNAL: FREE WRITE WHAT IS GOING ON IN YOUR HEAD AND NOTE 3 THINGS GOING WELL



FACE MASSAGE: RUB AROUND THE EYES, ACROSS THE CHEEKS AND DOWN TO THE THROAT



YOGA: RELAX, STRETCH, BREATHE DEEPLY



MAMMALIAN DIVING REFLEX: SUBMERGE YOUR FACE IN SOME COLD WATER



SING & HUM: MAKE SURE IT REALLY VIBRATES IN THE THROAT



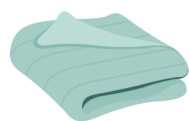
DANCE & SHAKE: VIGOROUSLY MOVE YOUR BODY



QUICK COLD SHOWER



SOUR ON THE TONGUE



WEIGHTED BLANKET



HUG OR BUTTERFLY HUG



SENSORY REDUCTION: NOISE CANCELLING EARPHONES, SOFT LIGHTS

