# Eye Massage — Vagus Nerve Exercise

*Handout 7c · Vagus Nerve Exercise Series · 305 Psychotherapy Group LLC*

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**What this does:** Gentle pressure and massage along the browbone, eyebrow, and cheekbone stimulates branches of the trigeminal nerve and surrounding fascia connected to vagal pathways. This exercise promotes parasympathetic activation, reduces tension around the eyes and jaw, and supports nervous system calming. It can be done anywhere, anytime.

## PART A — BROWBONE & TEMPLE (STEPS 1–3)

### 1 Browbone pressure

Using your thumb, apply gentle upward pressure on the underside of your browbone — avoid pressing on the eye socket itself. Apply small circular rotations for 30 seconds.

### 2 Drag along the eyebrow arch

Using your thumb or forefinger, slowly drag along the arch of your eyebrow from the inner corner out to your temple. Use gentle, steady pressure.

### 3 Massage the temple

Massage your temple with gentle circular pressure for 30 seconds.

> ↻ ***Repeat steps 1–3 a total of 3 times before moving to Part B.***

## PART B — CHEEKBONE & TEMPLE (STEPS 4–6)

### 4 Under-eye pressure (Maxilla bone)

Using your forefinger and middle finger together, apply gentle pressure on the upper portion of your cheekbone (Maxilla) — directly under the soft tissue of your eye, avoiding the eye socket. Apply small circular rotations for 30 seconds.

### 5 Drag up and over the cheekbone

Using your forefinger and middle finger, pull gently upward with mild pressure, sweeping up and over your cheekbone toward your temple.

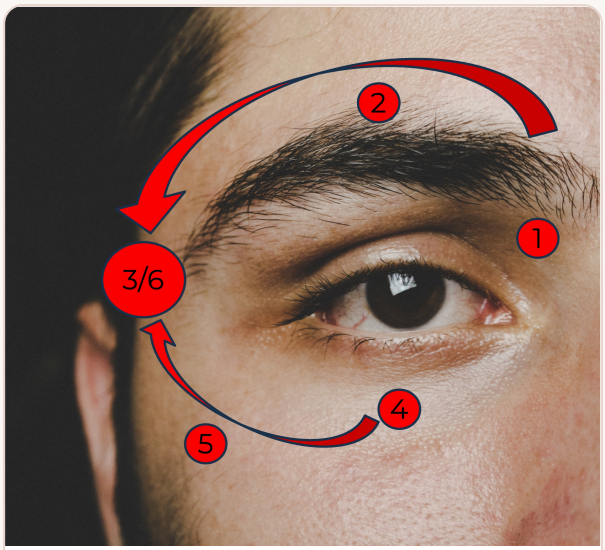
### 6 Massage the temple

Massage your temple with gentle circular pressure for 30 seconds.

> ↻ ***Repeat steps 4–6 a total of 3 times.***

**Switch to the other eye and repeat all steps.** Allow any yawning, sighing, or swallowing — these are signs the vagal brake is engaging.

## EYE MASSAGE POINTS




Numbered points correspond to the steps

### POINT GUIDE

- **1** **Browbone** — underside, circular pressure
- **2** **Eyebrow arch** — drag inner to outer corner
- **3/6** **Temple** — massage (end of both Part A and Part B)
- **4** **Maxilla (under-eye)** — circular pressure below eye socket
- **5** **Cheekbone** — drag upward toward temple

Source: Rosenberg, S. (2017). *Accessing the Healing Power of the Vagus Nerve.* North Atlantic Books. | Porges, S.W. (2011). *The Polyvagal Theory.* W.W. Norton & Company.

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