**Parasympathetic Nervous System (Rest/Digest/Play/Learn/Heal) Hacks to Relax**

1. Breathing – slow deep breath in, long open mouth exhale. Deep breathing is the fastest way to stimulate the Vagus Nerve and send yourself into relaxation. Receptors in the body sense your exhale and release ‘Vagusstoff’ that instantly lowers heart rate.
2. Pull belly button to the spine (engage Transverse Abdominus), and tip pubic bone up. Psoas
3. Exposure to cold water – splash cold water on your face, cold shower, swim in cold water.
4. Yawning/TMJ jaw realignment (open mouth/part teeth)/Relax tongue down off roof of mouth
5. Ear massage – Vagus Nerve goes right next to the ear.
6. Listening to mid-frequency music (Disney soundtracks are great!)
7. Humming – deep tones especially the ‘OOOOO’ sound
8. Singing, especially at the top of your lungs
9. Laughter, Smiling, Eye Contact, Speak with sing-songy voice, Use fascial muscles when communicating (no flat affect/Botox face)
10. Massage
11. Yoga
12. Meditation/Prayer
13. Connecting with friends – bonding releases oxytocin
14. Tapping
15. Fasting
16. Tai Chi/Qi Gong
17. Acupuncture/Chiropractic/Osteopathy/Reflexology
18. Probiotics – balance the gut microbiome/healthy bacteria in the gut
19. PEMF
20. Live, work, and learn in environments that feel safe.