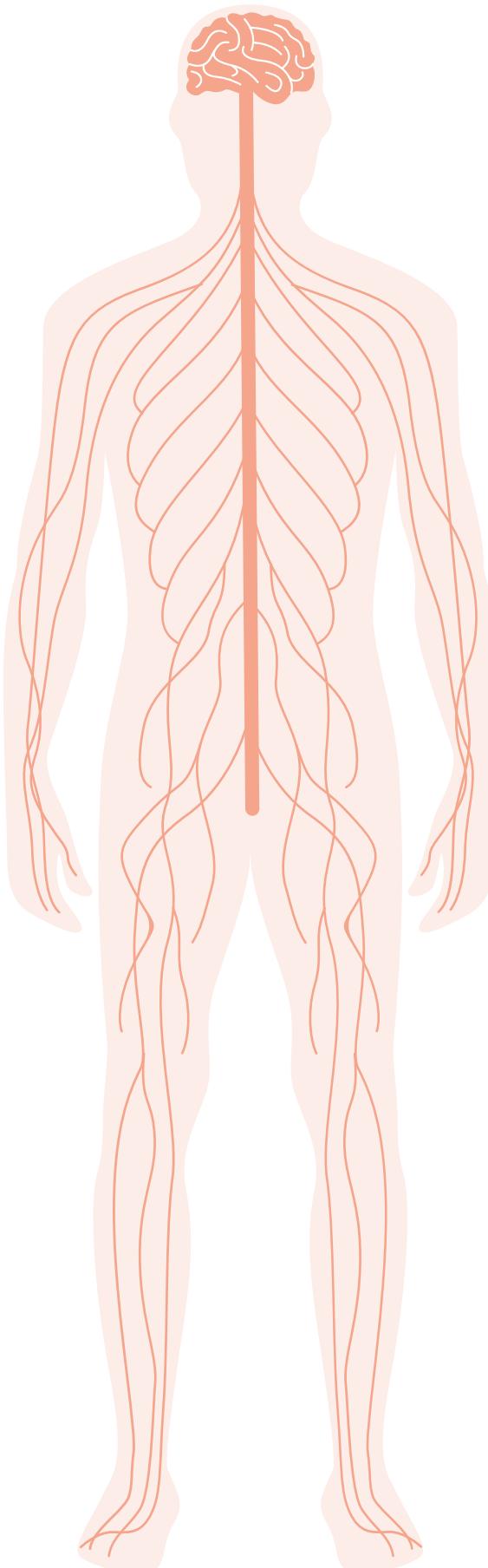




# Vagus Nerve Stimulation Worksheet

Created in collaboration with anxiety expert  
[Scarlett Grace Jeffrey, MBACP](#)

This is a practical guide to stimulating the all-important vagus nerve, which runs throughout your body.



## Stimulate the Vagus Nerve

A key pathway to calm that runs through your entire body.



## Soothe Anxiety Physically

These tools work from the body up, not just the mind down.



## Better Together

Use vagus nerve practices and CBT side-by-side to address anxiety on multiple levels (see our CBT worksheets).



## Eye Movement

1

### Get Comfortable

Sit or lie down with your head facing straight ahead. Keep your head still throughout.

2

### Eyes Left

Shift your gaze to the left without turning your head. Hold for about 30 seconds.

3

### Feel the Shift

You may notice a release: a sigh, yawn, deep breath, or even the urge to cry. That's your nervous system responding.

4

### Eyes Right

Now look to the right and hold for another 30 seconds.



## Butterfly Hug

1

### Get Into Position

Sit or lie comfortably. Cross your arms over your chest, placing your hands on your shoulders or upper arms.

2

### Form the Butterfly

Interlace your thumbs. Your hands will look like butterfly wings when you look down.

3

### Start the Rhythm

Gently tap your hands left-right-left-right in a slow, steady rhythm.

4

### Send a Safety Signal

This bilateral movement helps calm the nervous system and tells your body it's safe.



## Ear Massage

The vagus nerve runs just behind your ears. Massaging this area helps activate it and signals safety to your body.

1

### Find the Spot

Use your fingers to locate the area just behind your ear, between the ear and the hairline.

2

### Massage Gently

Move your fingers in slow, upward and downward strokes. Stay soft and relaxed.

3

### Feel the Shift

This gentle stimulation can calm your parasympathetic nervous system, helping you feel grounded, safe, and at ease.



## Orienting

When we feel unsafe, our brain zooms in on whatever it perceives as a threat, even if it's not actually there. This narrowed focus is the body's way of preparing to fight, flee, or freeze.

**Orienting** helps reverse that. By gently looking around, you remind your body: I'm safe now.

1

### Move Slowly

Slowly turn your head and let your eyes move around the room. Look side to side, glance behind you, and try tracing gentle figure 8s with your gaze.

2

### Take It In

Let your gaze rest on objects. Notice colors, shapes, and light. You can even name what you see out loud.

3

### Send the Signal

This tells your nervous system there's no threat and helps shift you into calm.



## Humming

**Humming** gently activates the vagus nerve, sending calming signals throughout your body.

It not only sounds soothing, it feels soothing too.

1

### Pick Your Sound

Try a soft “hmmm,” an “om,” or even hum a tune. Whatever feels natural to you.

2

### Feel the Vibration

Notice the sensation in your throat, chest, or face. Mindfully track the vibration as it moves through your body.

3

### Use It Often

Humming throughout your day helps your system settle and signals: you’re safe.



## Breathwork

**Breathwork** isn’t just calming. It’s a powerful tool to regulate your nervous system.

Certain breathing patterns activate the parasympathetic nervous system, signalling to your body that it’s safe.

### Build Your Breathwork Toolkit

Explore different techniques and find what works for you. Try:



[Belly Breathing](#)



[Box Breathing](#)



[4-7-8 Breathing](#)



[Ujjayi Breath](#)



## Ear Acupressure



The vagus nerve runs just behind your ears. Massaging this area helps activate it and signals safety to your body.

1

### Target the Right Spot

The vagus nerve connects through the ear. Find the area shown in the diagram. It's your calm button.

2

### Apply Gentle Pressure

Using your finger (your pinky often works best), gently massage the spot in small circles for 30 seconds to 2 minutes.

3

### Feel the Release

You might notice a sigh, yawn, deeper breath, or a wave of calm. That's your nervous system unwinding.

4

### Use As Needed

Try this anytime anxiety starts to rise or right after a stressful moment.