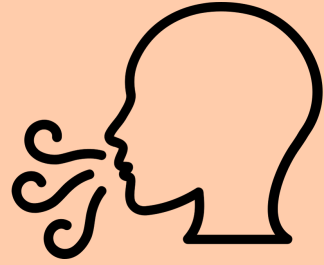


# VAGUS

## NERVE EXERCISES

### 1: DEEP BREATHING

Take a deep breath through your nose, then a 2nd deep breath to fill the lungs, then a slow exhale through the mouth. Do 5-10 times



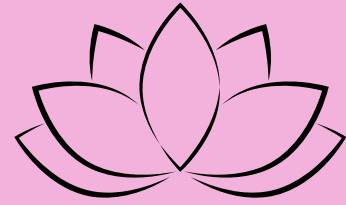
### 2: MEDITATION

If you're a beginner, search "guided mindfulness meditation" and follow along. TM, open heart, and yoga-nidra are other forms to try



### 3: YOGA/PILATES

These practices focus on body awareness, controlled breathing, and flexibility. They are great for activating the "rest and digest" system



### 4: COLD EXPOSURE

Cold exposure has a long list of benefits outside of vagal nerve activation. It helps with mood, focus, and alertness as well. Shoot for 3-5 minutes at a time.



### 5. EXTERNAL DEVICES

Vagal nerve stimulators like GammaCore and truvaga are clinically proven to activate vagal nerve function and improve parasympathetic tone



### 6: EXERCISE

Exercise is a great way to activate the vagal system. Shocking the body with exercise will force it to activate the recovery response.



### 7. SOFT PALATE

Activities like singing, humming, gargling, and valsalva breathing all activate the soft palate, which helps activate the vagal system



### 8. MASSAGE

When the body relaxes, it sends signals to tell the vagus nerve to turn on and further relax the body. You can use a foam roller or lacrosse ball as well.

