

Seven Types of Vagus Nerve Exercises

The vagus nerve is the “wandering highway” throughout our body that impacts our brain, heart, nervous system, lungs and overall wellness.

V1: EXHALE Longer

- Take a longer exhale than inhale with your breathing to calm down the heart rate and tell the nervous system “we are safe.”

V2: NOSE Knows Best

- The physiological sigh: two breaths in thru the nose, hold the breath for 4 seconds, then breath out for 7 seconds calms the body down.

V3: HUM Along

- Humming to a song you like actually stimulates the vagus nerve fibers in the chest and throat can help our heart rate and deeper sleep.

V4: COLD Splash

- Splashing very cold water on the face for 20-30 seconds creates a “dive reflex” that lowers heart rate and activates the calming chemicals.

V5: GROUND With Mother Earth

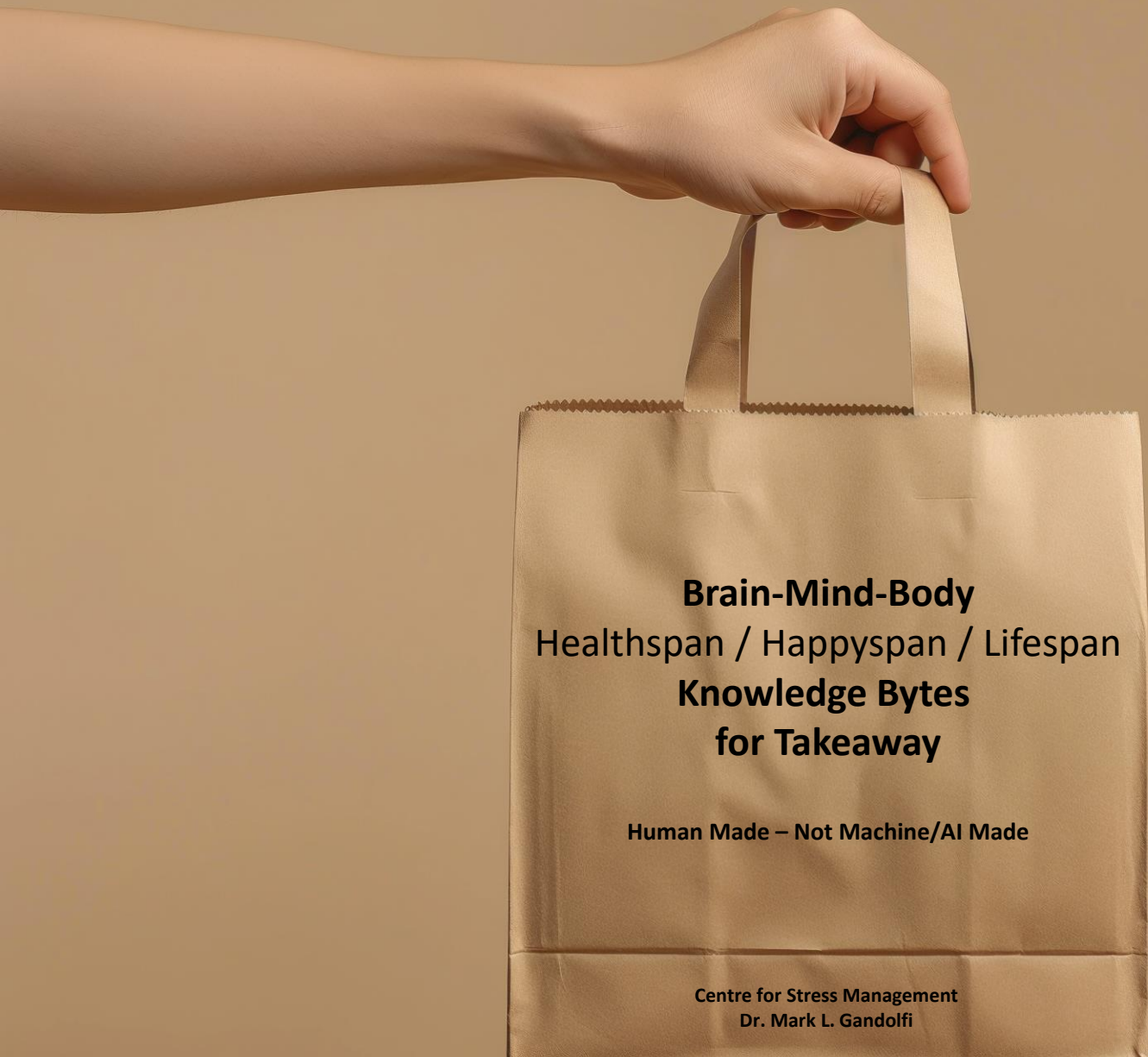
- As woo-woo as it sounds, going barefoot daily in the grass or sand lowers cortisol levels and reduces for many their inflammation levels.

V6: SEE the Light

- Morning sunlight resets our circadian cycle and helps our vagus nerve regulate melatonin, cortisol and serotonin levels.

V7: POSITIVE Vibe

- Write down two (2) happy experiences in a journal, then close your eyes and pick one memory and then gently say out loud “this is a happy moment.”



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Centre for Stress Management
Dr. Mark L. Gandolfi