



Vagus Nerve Reset

Why Practice Vagus Nerve Exercises?

The vagus nerve is a key component of your parasympathetic nervous system, responsible for helping your body relax after stress. For caregivers who experience chronic stress, regularly stimulating the vagus nerve can help reduce anxiety, improve mood, enhance sleep quality, and restore a sense of calm.

These simple exercises can be done anywhere, anytime you need to reset your nervous system and return to a state of balance.

Exercises to Practice

1. Humming or Singing Exercise

Purpose: Activates the vagus nerve through vibration, promoting relaxation and connection.

How to Do It:

- Sit comfortably with feet flat on the floor.
- Inhale deeply through your nose.
- As you exhale, hum gently, creating a steady, soothing sound.
- Feel the vibration in your chest, throat, and face.
- Repeat for 2-3 minutes.

Group Option: Invite participants to hum together, creating a gentle, shared sound. This can foster both calm and connection.

2. Extended Exhale Breathing

Purpose: Encourages nervous system regulation by emphasizing long, slow exhales.

How to Do It:

- Inhale slowly through your nose for a count of 4.
- Exhale through your mouth for a count of 6-8.
- Pause briefly, then repeat for 5-10 breaths.

Tip: Remind the group to soften the shoulders and jaw as they breathe.



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Exercises to Practice

3. Gentle Neck & Shoulder Reset

Purpose: Releases tension stored in the neck and shoulders, stimulates vagus nerve pathways, and promotes grounding.

How to Do It:

- Sit upright with feet grounded.
- Inhale gently. As you exhale, slowly lower your right ear toward your right shoulder (only as far as comfortable).
- Hold for 5 seconds, breathing naturally.
- Return to center on an inhale.
- Exhale, lower your left ear toward your left shoulder. Hold for 5 seconds.
- Repeat this sequence 2-3 times.
- Optionally, add small, slow shoulder rolls after the stretches.

Tips for Practice

- Make these exercises part of your daily routine. Just 5-10 minutes of practice can help reset your nervous system and provide a buffer against stress. Try practicing first thing in the morning, during a mid-day break, or before bed.
- Notice the effects of these practices over time. Many people report improved sleep, better digestion, reduced anxiety, and a greater ability to stay present and grounded during challenging situations. Keep a simple journal to track how these exercises impact your wellbeing.
- Remember that consistency is more important than duration. Even 2-3 minutes of practice can be beneficial. Find moments throughout your day when you can integrate these simple techniques—while waiting, during transitions between tasks, or whenever you notice tension building.

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