

Vagal Tone Exercises



These can
happen anywhere

Everyone can
access them



Laugh

If you find something funny, and know that if you think of it, it will make you laugh that will get your vagus nerve on line .



Breathing

Use a breathing technique, for example box breathing. You breath in up one side of the box, then out across the top, in again down the side and out across the bottom



Nature

Going into a green space, listening to birds and listening to running water all calms your nervous system



Hum or sing

Because your vagus nerve starts in your throat singing and humming gets it working



Exercise

Getting you body moving is really helpful, it calms your nervous systems and sweats out stress hormones.



Senses

Use your hands to help you to look around and name one thing for each of your senses, e.g. name one thing you can hear