

Vagus Nerve Reset

What is the Vagus Nerve? It is responsible for the regulation of digestion, heart rate & respiratory rate. The VN is part of the parasympathetic system and actually helps slow the sympathetic stress response (otherwise known as Fight or Flight).

The VN is afferent. Afferent neurons carry information from sensory receptors of the skin and other organs to the central nervous system. Only 20% of our nerves move down from our brain to our heart.

The VN connects from our heart to our brain and is an instigator of our parasympathetic (rest, repair & digest) NS. Resetting that channel and creating a better flow is a great way to ground yourself and interrupt your perceived fear response. This is perfect to do before a big meeting, audition or even in moments when you feel the onset of anxiety.

Vagus Nerve Reset How To:

1. Lay on your back
2. Interlock your hands together and place behind your head
3. Look to 3 o'clock (only with your eyes. Do not move your head)
4. What will happen next is either a:
Sigh
You will swallow or yawn
This can happen as fast as 10 seconds or take up to 2-3 minutes.
5. When this happens, you have released

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