

## (A Partial List of) Techniques & Interventions that can Support the Vagus Nerve

These tools all have additive effects over time:  
the more you practice them the more effective they become.

- Socializing within a comfortable emotional/relational space (includes humans and animals)
- Breathing techniques – for example an extended outbreath pattern
- Grounding techniques – for example sensory orienting (looking around and tuning into environmental and sensory awareness)
- Singing & humming
- Use of a soothing voice
- Affirmations (or listening to inspiring podcasts!)
- Meditation (especially compassion meditation)
- Yoga, Tai Chi, and Qi Gong (yoga has even been shown to be a good therapy for irritable bowel syndrome because of how well it supports vagal tone)
- Cold exposure/dive response (cold shower, ice, splashing the face with cold water)
- Progressive Muscle Relaxation
- Laughter
- Massage, particularly foot massage (yes really, that's what the research suggests!)
- Gargling water (yes! It contracts and stimulates the vagus nerve as it passes through the throat)
- Acupuncture
- Craniosacral therapy
- Probiotics (Most of the body's serotonin is produced in the gut system, so good vagal tone can support this important neurotransmitter throughout the body)
- Nutrition and Supplements (for example some research shows that choline supplements and vitamin B-12 reduce severity of anxiety symptoms; intermittent fasting has some promising research too)

### Further Reading:

<https://www.mokshamantra.com/natural-ways-stimulate-vagus-buddha-nerve/>

<http://mentalfloss.com/article/65710/9-nervy-facts-about-vagus-nerve>

<https://www.larabriden.com/the-soothing-vagus-nerve/>

<https://blog.bullectproof.com/vagus-nerve-vagal-response/>

<https://upliftconnect.com/12-ways-unlock-powers-vagus-nerve/>

<https://www.psychologytoday.com/us/blog/the-athletes-way/201607/vagus-nerve-stimulation-dramatically-reduces-inflammation>

<https://www.psychologytoday.com/us/blog/the-athletes-way/201405/how-does-the-vagus-nerve-convey-gut-instincts-the-brain>

<https://www.psychologytoday.com/us/blog/the-athletes-way/201602/mindfulness-meditation-and-the-vagus-nerve-share-many-powers>

<https://www.selfhacked.com/blog/32-ways-to-stimulate-your-vagus-nerve-and-all-you-need-to-know-about-it/>