

# NATURAL TECHNIQUES FOR STIMULATING THE VAGUS NERVE

## SINGING

Humming, chanting and singing are all exercises that increase heart rate variability (HRV). Higher HRV is linked with reduced morbidity and mortality and improved psychological well-being and quality of life.



## LAUGHING

Laughter is a natural immune booster which, like singing, can increase HRV in a group setting.



## EXERCISE

Exercise is good for your brain's cognitive faculties, your mental health and your gut flow, thanks to its ability to stimulate the vagus nerve.



## DEEP BREATHING

Breathing slowly and deeply activates your vagus nerve to send messages to your brain that help lower your blood pressure and heart rate.



## COLD EXPOSURE

Exposure to cold dampens the fight or flight response and increases the rest and digest response, like taking a cold shower or drinking ice water.



## GARGLING

Gargling with water stimulates the muscles of the pallet and has been shown to improve working memory performance.



## YOGA

Disciplines like yoga increase vagus nerve activity to help keep you calm and are particularly effective for people suffering from anxiety or depression.



## THOUGHTFUL MEDITATION

You can improve your mood simply by silently repeating positive phrases about your friends and family.

