Emotional Regulation Titbits

Because neuroception is a subconscious, bodily emotional response of your vagus nerve, effective ways to manage your vagus responses is through bodily exercises.
Use our examples below & give your vagus nerve the stimulation it may be craving to get back to its ventral vagal state!



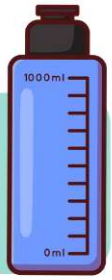
Getting enough restful sleep



Deep, slow breathing



Do something active, like swimming or dancing



Gargle some water

Listening to music and singing



Yoga, Pilates, & mindful meditation

