

VAGUS NERVE STIMULATION: SELF-REGULATION PRACTICE TRACKER

This worksheet is designed to help you explore, track, and build habits that support vagus nerve stimulation. By choosing even one small practice and doing it regularly, you can help your nervous system shift toward a more regulated, healing state.

Check off each practice you try, and note how you felt before and after. Over time, track which ones become second nature.

Practice	Tried it? (✓/✗)	How I felt BEFORE	How I felt AFTER
4-7-8 Breath			
Ocean Sounding Breath			
Diaphragmatic (Belly) Breathing			
Box Breathing			
Gargling			
Cold Water Splash/ Neck Pack			
Nature Walk/ Time Outside			
Connection with Loved Ones			
Meditation			
Visualization			
Journaling			
Listening to Music or Singing			
Spending Time in a Calm Environment			