

Daily Vagus Nerve Reset

Simple Practices for Calm, Connection & Resilience



1 COLD EXPOSURE

Immediately following a hot shower, turn the water to cold and stand there for 1–2 minutes. Splash cold water on your face throughout the day, even when you are not distressed.



2 ICE PACK

Place an ice pack on a towel resting on your neck for 2–3 minutes. Your neck contains a high concentration of vagus nerve fibers. You may not feel immediate effects but know that you are stimulating your parasympathetic nervous system.



3 SAUNA + COLD PLUNGE

Sauna followed by cold plunge.



4 GROUNDING (EARTHING)

Barefoot on grass or earth-connected surfaces for about 20 minutes. You can combine this with breathwork or meditation.



5 GARGLING

Gargling water for 30–60 seconds.



6 HUMMING OR SINGING

Hum or sing for a few minutes a day.



7 MEDITATION & MINDFULNESS

Starting your day with either a guided or silent meditation, reconnecting midday, and using one at bedtime can significantly shift your baseline.



8 MASSAGE THERAPY

A wonderful way to stimulate the vagus nerve.



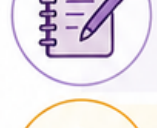
9 LAUGHTER & CONNECTION

Laughter, fun, and positive social interaction. Play games, color, do puzzles, toss a ball. Spend time with people who lift you up.



10 YOGA + BREATH

Yoga with intentional breath. You can do chair yoga and make as many modifications as necessary.



11 GRATITUDE JOURNALING

List three things each day that you feel grateful for and pause long enough to actually feel the gratitude. Gratitude has been shown to improve Heart Rate Variability (HRV), which is a marker of vagal tone and resilience.



12 SETTING INTENTIONS

Ask yourself in the morning: "What do I need today to feel safe, calm, connected?" Then set an intention.

- 💚 "Today I choose peace over pressure."
- 💖 "I will meet myself with compassion."
- 💜 "Today I will create brief moments of joy."



THE VCP EQUATION