



Nurtured Bliss

Vagus Nerve

Your Nervous Systems Best Friend!

Activate your Parasympathetic Nervous System (PNS) easily, to reduce daily stress and anxiety quickly.

Firstly, what is the Vagus Nerve:

The vagus nerve is an important component of the body that's also called cranial nerve 10 (or cranial nerve X), and is actually paired with the left and right sides of your brain.

The vagus nerve is the longest cranial nerve in the body, and it extends from the brain all the way down into various organs in the abdomen. The vagus nerve plays a role in swallowing, coughing, breathing, heart rate, and digestion. (Which is why stimulating the vagus nerve via humming, singing, breath-work and gentle exercise etc, is so beneficial for relieving stress).

The vagus nerve is an important part of the parasympathetic nervous system, or your 'rest and digest' system. Stimulating the nerve helps trigger your body's calming response, which helps you exit out of 'fight or flight' (Sympathetic Nervous System) mode and return to a calm state.

In short, if you're stressed and your fight-or-flight sympathetic nervous system is activated, the idea is that you can stimulate your vagus nerve to help switch to your parasympathetic nervous system to soothe your body, mind & emotional state.

What causes Tension to the Vagus Nerve:

Actively relaxing and massaging the vagus nerve, is a very effective, FREE & easy way to melt the stress away.

"Stress" can be anything from:

- Daily stress from a high stress work life (physically, mentally or emotionally draining job)
- Mum stress from being the constant go-to for the kids.
- Emotional stress due to not dealing with looping thoughts or things that are playing on your mind constantly.
- Hormonal changes creating cortisol spikes or mood swings.
- Sleep issues or not having a consistent sleep routine (lack of sleep causes less tolerance for daily life).

Working WITH the nervous system and the Vagus Nerve, releases stuck trauma in the body and helps unlock specific sensors to the brain, so the brain knows it's safe.

I've learnt about the vagus nerve from a personal experience & health scare back in 2021 where my nervous system was in overdrive and the vagus nerve's "vagal brake" had let go! I was in complete burn out mode & the main contributing factor was emotional stress (which most of the time, is far more damaging to the body than physical stress).

This scenario is a contributor to what's loading up the sympathetic nervous system (this is your fight or flight system) putting us in an overdrive, chronically stressed out state! And it can creep up on us at any stage if we aren't listening to our bodies cue's to slow down!

Many things can contribute to us getting to this state (as mentioned above, plus many more) and if we don't have the tools in our wellbeing tool belt to know how to re-set/ recalibrate our nervous system regularly, it can lead to a whole cascade of health concerns long term. It can also throw off our adrenals (causing adrenal fatigue), gut issues (leading to all sorts of gut dysbiosis and possible leaky gut syndrome) and be a major contributor in anxiety/depression or even neurological health issues!

The Vagus Nerve is connected to mind-heart balance / mind-heart relationship!



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Tapping into the gateway of the heart and leading from soul level NOT the personality of the mind is key in the knowing of when the vagus nerve is needing our nurturing attention so it knows it's safe to relax & come back into balance!

Here below, are a few different exercises, meditations and resources you can use to understand further, just how amazingly effective, vagus nerve relaxation really is for daily stress relief.

Resources:

Great article explaining how good yogic meditation / yoga/ tai chi/ mindfulness, is for lowering the nervous system (ANS) And keeping the (HPA) stress response low

<https://www.greenmedinfo.com/blog/therapeutic-benefits-mindfulness-practices-mood-disorders>

“Grounding” for vagus nerve activation

<https://www.greenmedinfo.com/blog/grounding-missing-element-healing-autoimmunity>

Click each of these images and it will play for you these specific YouTube videos:





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Alternatively, here are the links if needed :

[10 Min Guided Meditation](#)

[Vagus Nerve Stimulation Meditation](#)

[Vagus Nerve Massage](#)

[Somatic VN Reset](#)

Vanessa Rumble, local beerwah instructor

[Vagus Nerve Flow](#)

Sophia Harris: “The Liberated Woman”

[Bring Energy & Calm To Your Day](#)

References:

<https://www.everydayhealth.com/neurology/vagus-nerve/guide/>

With Love & Nurturing Support

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