

Why This Matters in Therapy:

As a psychotherapist, I see firsthand how chronic stress and anxiety dysregulate the nervous system. A daily vagus nerve reset practice is a powerful *complement* to therapy. It equips you with tangible tools to manage physiological arousal in the moment, creating a calmer internal state from which deeper therapeutic work can happen. When your body feels safer, your mind can more readily process emotions, build resilience, and heal.

Ready to Calm Your Nervous System?

Start incorporating these simple vagus nerve reset techniques into your day. Notice how they shift your baseline from reactivity towards resilience. If you're struggling with chronic stress, anxiety, or the lingering effects of trauma, know that you don't have to navigate this alone.

Gentle daily stretching and vagal tone practices for relaxation and stress relief.

Day 1 – Neck & Shoulder Reset

✓	Activity
<input type="checkbox"/>	Diaphragmatic Breathing – 1 min slow breaths.
<input type="checkbox"/>	Neck Side Stretch – Right ear toward right shoulder. Hold 20 sec, switch sides.
<input type="checkbox"/>	Shoulder Rolls – 5 backward, 5 forward.
<input type="checkbox"/>	Gentle Humming – 2 mins.

Day 2 – Side Body Lengthening

✓	Activity
<input type="checkbox"/>	Slow Breathing – 4 in, 6 out, 1 min.
<input type="checkbox"/>	Seated Side Stretch – Raise arm, lean to side, 20 sec each.
<input type="checkbox"/>	Chest Opener – Clasp hands behind back or use scarf.
<input type="checkbox"/>	Soft Gaze – 1 min.

Day 3 – Jaw & Face Relax

✓	Activity
<input type="checkbox"/>	Breathing + Humming – 2 mins.
<input type="checkbox"/>	Jaw Release – Gentle jaw massage.
<input type="checkbox"/>	Ear Pull – Tug earlobes down/out, 10 sec each.
<input type="checkbox"/>	Neck Twist Stretch – Look over shoulder, 20 sec each.

Day 4 – Upper Spine Mobiliser

✓	Activity
<input type="checkbox"/>	Breathing – 1 min.
<input type="checkbox"/>	Seated Cat–Cow – 5–6 slow reps.
<input type="checkbox"/>	Shoulder Blade Squeeze – Hold 5 sec, x5.
<input type="checkbox"/>	Gratitude Reflection – 30 sec.

Day 5 – Chest & Throat Opener

✓	Activity
<input type="checkbox"/>	Breathing – 1 min.
<input type="checkbox"/>	Wall Chest Stretch – 20 sec each side.
<input type="checkbox"/>	Gentle 'Ahh' Toning – 1–2 mins.
<input type="checkbox"/>	Shoulder Rolls – 5 each way.

Day 6 – Gentle Twist for Organ Calm

✓	Activity
<input type="checkbox"/>	Breathing – 1 min.
<input type="checkbox"/>	Seated Spinal Twist – 20 sec each side.
<input type="checkbox"/>	Neck Side Stretch – 20 sec each side.
<input type="checkbox"/>	Warm Compress – 5 mins in evening.

Day 7 – Full Soothing Flow

✓	Activity
<input type="checkbox"/>	Slow Breathing – 1 min.
<input type="checkbox"/>	Shoulder Rolls – 5 each way.
<input type="checkbox"/>	Side Stretch – 20 sec each side.
<input type="checkbox"/>	Seated Cat–Cow – 5 slow reps.
<input type="checkbox"/>	Humming or 'Voo' Sound – 2 mins.
<input type="checkbox"/>	Soft gaze – 1 min.

These techniques are supportive practices and not a substitute for professional mental health treatment. If you are experiencing severe distress, please contact a qualified mental health professional or emergency services.