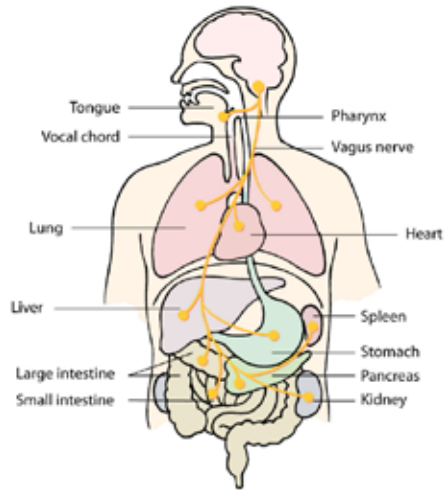


Instantly Stimulate Your **VAGUS NERVE**

- Slow, rhythmic, diaphragmic breathing
- Humming
- Speaking out loud
- Washing your face with cold water
- Meditation
- Laughing
- Eat probiotics (balancing the gut microbiome)
- Massaging the carotid sinus on the sides of your neck
- Foot reflexology



Activates parasympathetic nervous system

“rest & digest”