

Fight, Flight, Freeze

Vagus nerve reset

1. **Breathe** in to count of 4, hold it for a moment, breathe out to count of 8, hold it for a moment, repeat.

2. **Tap** the pinky finger side of your hand where your hand meets your wrist. First do one side and then switch to the other side. Repeat until you feel more comfortable.

3. **Grounding Mudra** - (hand position to move energy)

a. Point arms and hands down toward the Earth. With straight fingers, hold your ring finger slightly in front of the rest. Hold your hands in this way and breathe, until you feel calmer and more grounded.

b. You can also make the peace sign with your fingers and do the same thing, if that is an easier way to hold your hands.

4. **Two helpful links to online resources**, quick and simple highly effective techniques to reset your Vagus nerve and nervous system in a deeper way.

[Mindfulness Exercise: Vagus Nerve Reset](#)

[The Basic Exercise by Stanley Rosenberg](#)

