

VAGUS NERVE RESET SCRIPT

Vagus Nerve Reset is a simple breathing and humming practice that uses sound vibration to gently stimulate and regulate the vagus nerve.

Here are the steps of the Energy Flow® Vagus Nerve Reset exercise:

1. Breathe in through the nose and as you breathe out, hum.
2. Hum for as long as you can. Feel the reverberation in the mouth and jaw.
3. This resets and tones your vagus nerve.
4. Repeat 1 – 2 times.

Reflection questions:

1. What do you notice in your jaw, throat, or breath after humming?
2. Did the vibration change your level of calm or tension?
3. Do you feel more settled or regulated compared to before?