

# Ideas for Ventral Vagal Activation

Being in nature



Gratitude journaling



Snuggling with a pet



PMR



Butterfly hug



Being with loved ones



Singing or humming



Breathing exercises with  
prolonged exhale



Hand reflexology



Vagus nerve massage



Gargling



Tapping on chest



Savoring



Chanting



Hugging a loved one



Dance



Laughter



Listen to ASMR



Meditation



Cold H2O on the face



Prayer



Ujjai Breathing



Yoga



Salamander



Inspirational reading



Salivating



Inclusive Healing Center