

Step-by-Step Guide to Stretching the Vagus Nerve

– a gentle, therapeutic sequence
designed to help tone and balance
the parasympathetic nervous system.

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STEP-BY-STEP GUIDE TO STRETCHING THE VAGUS NERVE

A gentle daily ritual for calm, clarity & reset.

1. Set the Scene (Grounding & Intention)

- Find a quiet space where you can sit or lie down comfortably.
 - Take a few deep belly breaths, letting your exhale be longer than your inhale (e.g. inhale 4 s).
 - Place one hand over your heart and the other over abdomen.
 - Silently set the intention: *“I am creating calm and balance within my nervous system.”*
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2. Neck Release (Cervical Stretch)

- Sit tall with your spine lengthened.
- Slowly tilt your head to the right, bringing your ear toward your shoulder.
- Hold for 20 seconds, breathing gently.

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3. Thoracic Expansion (Heart-Chest Opener)

- Interlace your fingers behind your back or place your palms on your rib cage.
- Inhale deeply into your ribs, letting your widen side to side.
- On your exhale, imagine releasing tension from your sternum and shoulders.
- Repeat 5-7 slow breaths.



4. Diaphragmatic “Vagus Breath”

- Place one hand on your belly.
- Inhale through your nose, letting your abdomen rise like a balloon.
- Exhale slowly through pursed lips, letting your belly fall.
- Continue for 1-2 minutes.



5. Gaze Reset (Ocular-Cervical Reflex)

- Keep your head facing forward.
- Without moving your head, look as far right as you can, hold 30 seconds or until you feel





ADVANCED STRETCH & INTEGRATION

Step 6 Gentle Neck Rotation with Humming

Inhale → turn head to right

Exhale with “mmm” or “om” back to center

Repeat to left

Continue 3–5 rounds; keep shoulders relaxed

Step 7 Auricular Massage (Ear Activation)

Massage outer ear rim, triangular fossa,
cymba conchae

Slow circles 1–2 min

Optional: lavender or chamomile oil

Step 8 Reclined Integration

Lie back; eyes closed, jaw soft

Stay here 3–5 min

Notice sigh or yawn





STEP 9 · CLOSING AFFIRMATION

“I am safe. I am grounded.
My body knows how
to restore balance.”

OPTIONAL ENHANCEMENTS

- herbal bitters
- meditation music
- spa pairings: facial flow,
lymphatic drainage, sound therapy
- Optional card idea:
“Stretch Your Calm —
Vagus Reset Sequence.”

