

Activating the Parasympathetic Nervous System, Vagus Nerve (mitigates anxiety)

- Abdominal breath from the diaphragm
- Physical/mental grounding. E.g., into your seat; or 5-4-3-2-1 method
- Meditate
- 'Progressive Relaxation'
- Exercise
- Practice yoga, chi kung, or tai chi (muscle extension/contraction)
- Acupuncture
- Massage
- Spend time in nature
- Barefoot on earth (literal grounding)
- Gardening
- Go into water, swim, bath, submerge your face
- Repetitive prayer or Mantra: Focus on a pre-determined word/phrase that is soothing
- Play with animals or children
- Singing, humming, gargling
- Stimulate lips (e.g. kissing, running finger over)
- Do something pleasurable you enjoy