

## Breathing to calm the Vagus Nerve

- 1) Place one hand on your chest, and your other hand on your tummy, just below your rib cage.
- 2) Breathe in, and as you do, notice how your stomach moves out against your hand. Your hand on your chest must remain as still as possible.
- 3) Breathe out with a slower out breath e.g. use a count of 4-4-4:

**Breathe in for a count of 4, hold for a count of 4, and breathe out for a count of 4.**

Notice how as you breathe out, your tummy gets smaller.

- 4) Practice this technique when you are feeling calm, so you remember it well and can better utilise it for when feeling more overwhelmed.