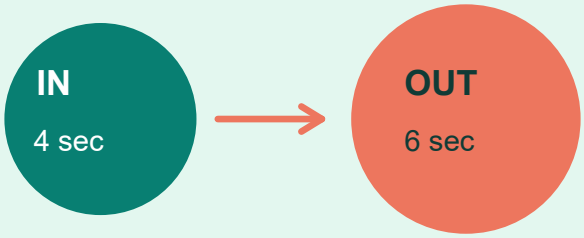
LIFESTYLE HEALING / FREE TOOLS

5-Minute Vagus Nerve Reset

A gentle calming pause for everyday stress. Adults only.

Here, "reset" means a calming pause, not repairing a nerve. Comfortable slow breathing may help you settle; this exact combined routine is not a validated treatment.



Small, gentle breaths.

No holding. No forcing.
Repeat at a comfortable pace.
Use an easier count if needed.

0:00-0:30

SETTLE

Sit with your back supported and feet down. Soften your jaw and shoulders. Notice three things you see and the chair beneath you.

0:30-3:30

BREATHE

Rest your hands on your belly and lower ribs. Breathe in gently for 4 seconds, out softly for 6. About 18 cycles in 3 minutes. Try 3 in/4 out, 5 in/5 out, or natural breathing if easier.

3:30-4:30

HUM, IF YOU LIKE

Take an easy inhale, then a quiet "mmm" on the exhale for 5-6 comfortable rounds. Skip humming if it irritates your throat. It is an optional pacing aid, not a proven nerve reset.

4:30-5:00

RECONNECT

Return to natural breathing. Feel your feet and look around. Choose one small next step: water, a short walk, or asking someone for support.

If breath focus increases distress, use the grounding exercise on page 2 instead. Stop for dizziness, tingling, air hunger, pain, nausea, palpitations or greater distress.

Practice when you are already fairly calm. No change does not mean you did it wrong.

Make the pause your own

Optional supports, practical limits and when to get help.

GROUND YOUR ATTENTION

5 see / 4 feel / 3 hear / 2 smell / 1 taste

Name what is around you, at your own pace. If a sense is unavailable, name another visible object. You can use this instead of the whole breathing routine.

Find a comfortable position

Supported sitting, lying with knees bent or supported, or side lying. Let the lower ribs move gently. Air enters your lungs; belly movement does not mean air enters your abdomen.

A gentle sigh, another time

Try 1-3 easy rounds: inhale, add a small second sip if comfortable, then a slow exhale. Return to normal breathing. Avoid repeated maximal breaths; these few rounds are not a proven instant fix.

Optional throat or attention practices

For throat comfort: 1/2 teaspoon salt in 1 cup warm water; gently gargle 5-10 seconds and spit, 2-3 times. Skip for swallowing difficulty. Gentle side gaze or finger tracking is optional; stop for strain or dizziness. Vagus-reset benefits of both are unproven.

Cooling is optional

If suitable, use a cool damp cloth on cheeks/forehead for 10-15 seconds, nose and mouth clear. Skip with heart/rhythm conditions, fainting, circulation problems or cold reactions unless your clinician says it is suitable. No ice, immersion or breath holding.

Pause and seek the right help

Never press on your eyes, massage the front/side of your neck, or force gagging. New/severe chest pain, fainting, severe breathing trouble or sudden neurological symptoms need urgent assessment: call 911 in the US. Recurring anxiety deserves appropriate care.

Learn more (tap): NHS breathing for stress; NHS Inform grounding.

More education and original research notes: lifestylehealingcc.com/vagus-nerve-calm-guide/

Want help making this work for you?

Ask Dr. Liotta a question or explore chiropractic & coaching.