

5 Science-Backed Ways to Calm Your Nervous System

This simple guide outlines practical ways to support your nervous system and encourage a shift toward rest, recovery, and regulation. There is no direct way to manually stimulate the vagus nerve. These strategies work indirectly through breathing, movement, and sensory input.

1. Slow Diaphragmatic Breathing

Inhale through the nose for 4 seconds, exhale for 6–8 seconds. 5 minutes, once or twice daily.

2. Upper Cervical Nod + Long Exhale

Gentle nod while lying on your back. Pair with slow breathing to calm brainstem input.

3. Humming or Singing

Soft humming or slow, familiar songs that lengthen the exhale help calm the system.

4. Cold Face Reset

Cold water or a cold pack to the face for 10–30 seconds to activate calming reflexes.

5. Daily Walking

20–30 minutes of brisk walking most days improves long-term nervous system resilience.

Simple Daily Plan

Morning: Breathing + upper neck nod (5 min)

Mid-day: Humming or cold reset if needed

Daily: Walk

Evening: Slow breathing

Consistency > intensity

Chiropractic care can support nervous system regulation by improving spinal movement, posture, and sensory input—especially from the upper cervical spine. If stress, neck tension, headaches, dizziness, or poor sleep are ongoing concerns, a personalized assessment may help.

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