

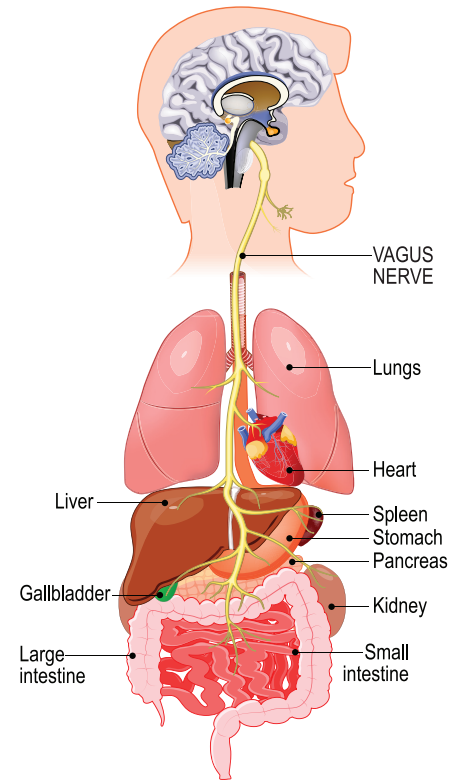
Tips & Techniques to Aid Stress and Anxiety Relief

AN INDEPENDENT HEALTH WELLNESS VIDEO SERIES: ENGAGING THE VAGUS NERVE

What's the vagus nerve? Good question! Our bodies have certain systems that kick in when faced with triggers like stress and anxiety. The **vagus nerve** is an important one. It's a cranial nerve and the longest and most complex nerve in the body. Acting as the main nerve of the parasympathetic nervous system, the vagus nerve helps us "rest and digest" which can help our mental health and overall physical health.

Here's how it works: When we're feeling anxious or stressed, our heart rate and breathing can ramp up — causing a fight or flight response. To counter this, the vagus nerve system steps in to trigger a relaxation response, for a calming effect on our body.

And although our bodies engage the vagus nerve without us thinking about it, **you can also learn to activate the calming effects** through various methods. Our Independent Health Wellness experts have shared a few simple techniques you can use whenever and wherever you need to recenter yourself.



Breathing Method	vimeo.com/684346270/e328e7c533	Learn how breath work can activate the vagus nerve to calm and relax the body
Breathing & Stretching	vimeo.com/684346933/c0a46ed237	Learn how breath work and certain stretches can activate the vagus nerve to bring relaxation
Breathing & Meditation	vimeo.com/684348139/731193f3d0	Learn how breathing techniques and meditation can calm the mind and body

