

VAGUS NERVE TOOLKIT

VAGUS NERVE HACK FOR PANIC ATTACKS & SUDDEN SHIFT

The vagus nerve connects your brain and body, shifting you from fight or flight into rest-and-digest. These tools help you do that with ease.

Breathing hacks



- **4-6 breathing** - inhale through your nose for 4 seconds, exhale through your mouth for 6 seconds. Repeat for 2-3 minutes (vagus nerve and calm heart rate.)
- **Humming breath** - inhale slowly through your nose, then exhale with a "mmm" hum. (Vibration directly stimulates the vagus nerve.)

Temperature reset - cold fix



- **Splash cold water** on your face or prefrontal cortex for 10-30 seconds.
- This activates the "dive reflex", which slows your heart rate.

Vocal & sound hacks -



- **Sing or hum a tune you know** - the vibration stimulates the vagus nerve. If you don't feel it, hum louder.
- **Gargle with water** for ~30 seconds.

Quick check

1-2 minutes 4-6 breathing →
Combine whichever feels easiest until you feel calm.



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THE #1 WAY TO ACTIVATE YOUR VAGUS NERVE 4-6 BREATHING EXERCISE

Slowing your exhalation naturally drops your heart rate and activates the vagus nerve, shifting your body into a relaxed state.

- 1 Inhale through your nose for **4 seconds**
- 2 Exhale through your mouth for **6 seconds**
- 3 Repeat for **2-5 minutes**

Long-Term Ways to Build Vagal Tone



Cold exposure



Regular exercise



Meditation and
mindfulness



Social connection



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VAGUS NERVE RESET: THE 4-6 & HUM EXERCISE

Slowing your exhalation naturally drops your heart rate, and activates the vagus nerve, shifting your body into a relaxed state.

your spine straight and shoulders relaxed
your chest and one on your belly
feels safe

With Humming

your nose for a count of 4
your chest)
your mouth while making a soft "mmm"
your body - feel the vibration in your lips,
your breath feels fully released
2-3 minutes

REMEMBER

on the inhale
the vagus nerve being stimulated



VAGUS NERVE HACK SHEET

FOR PANIC ATTACKS & SUDDEN ANXIETY

The vagus nerve connects your brain and body activating it can shift you from fight or flight into rest and digest mode.

These tools help you do that within minutes.



Breathing hacks

- **4-6 breathing** - inhale through your nose for 4 seconds, exhale through your mouth for 6 seconds. Repeat for 2-3 minutes. (Longer exhalations activate the vagus nerve and calm heart rate.)
- **Humming breath** - inhale slowly through your nose, exhale while making a soft "mmm" hum. (Vibration directly stimulates the vagus nerve and calms your heart rate.)



Temperature reset — cold face dip / cold compress

- **Splash cold water** on your face or press a cold pack to your cheeks and eyes for 10-30 seconds.
- This activates the "dive reflex", which can slow heart rate and calm the nervous system.



Vocal & sound hacks — sing, hum, gargle

- **Sing or hum a tune you know** — vibration near the vocal cords stimulates the vagus nerve. If you don't feel like singing, gentle humming works.
- **Gargle with water for ~30 seconds** — this stimulates the same nerve pathway.

Quick checklist to try now

1-2 minutes 4-6 breathing → 10-30s cold face → 30s humming/gargling.
Combine whichever feels easiest until you notice your breathing and heart rate calming.



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VAGUS NERVE RESET: BREATHE & HUM EXERCISE

To calm your nervous system, lower your heart rate, and activate the vagus nerve through controlled breathing and gentle vibration.

1

Get Comfortable

- Sit or stand with your spine straight and shoulders relaxed
- Place one hand on your chest and one on your belly
- Close your eyes if it feels safe

2

Begin 4–6 Breathing with Humming

Step 1: Inhale (4 seconds)

- Inhale gently through your nose for a count of 4
- Feel your belly rise (not your chest)

Step 2: Exhale + Hum (6 seconds)

- Exhale slowly through your mouth while making a soft “mmm” humming sound
- Let the hum be gentle and steady — feel the vibration in your lips, jaw, and chest
- Continue for 6 seconds or until your breath feels fully released

Repeat this cycle for 2–3 minutes

THINGS TO REMEMBER

Keep the exhale longer than the inhale
Notice the vibration that's your vagus nerve being stimulated



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4-6 BREATHING EXERCISE

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- 2** Exhale through your mouth for 6 seconds
- 3** Repeat for 2-5 minutes

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