

# The Vagus Nerve & Healing Trauma

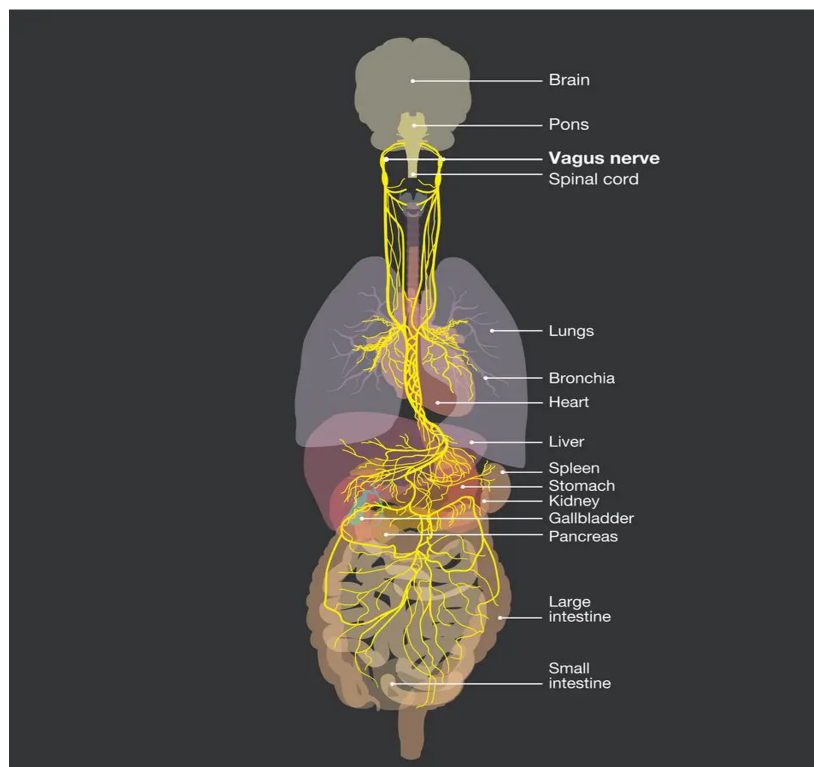
## Part 1 Worksheet



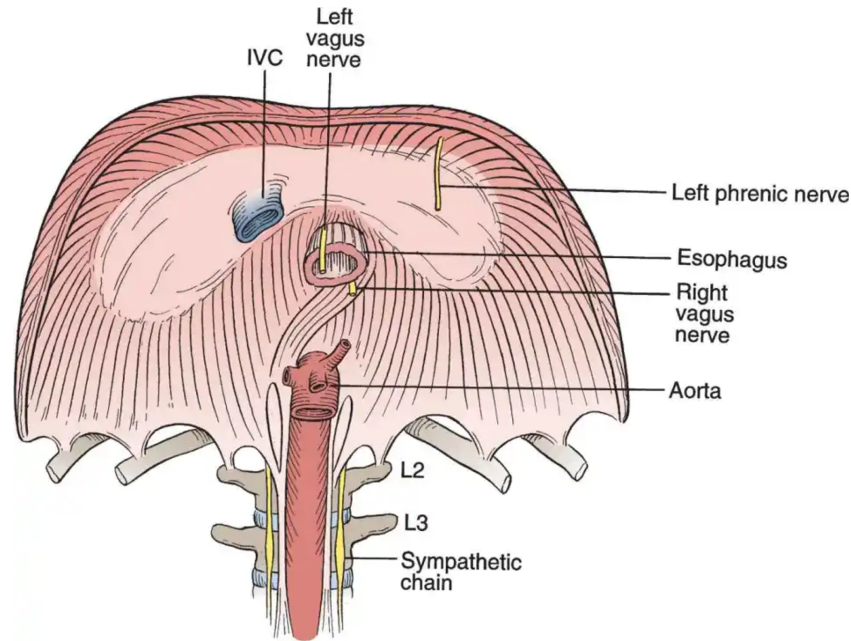
## Welcome to the Vagus Nerve & Healing Trauma

### 3-Part Video Training

In Part 1 of this series we take a look at the pathway of the vagus nerve as it moves throughout our neck and torso. By seeing all the different organ systems the vagus nerve connects to, we can begin to understand the impact of vagus nerve on our health and well-being.



We also looked at the special connection between the diaphragm and the vagus nerve:



Seeing how the movement of our diaphragm stimulates the vagus nerve explains one of the ways that specific breathing patterns can help our physiology shift more into parasympathetic (more on this in video 3). Because we can consciously control our breath, we can control the speed and depth of movement of our diaphragm and, therefore, use breath practices to increase the tone of our vagus nerve and increase self-regulation.

This video concluded with a short exercise to see if you are breathing more from your chest or your diaphragm is also optimally engaged. Breathing primarily from the chest can signal to our brain that we are in a stressful situation and can inhibit the functioning of our vagus nerve.

See you in the 2nd video!

Be well,

Prema