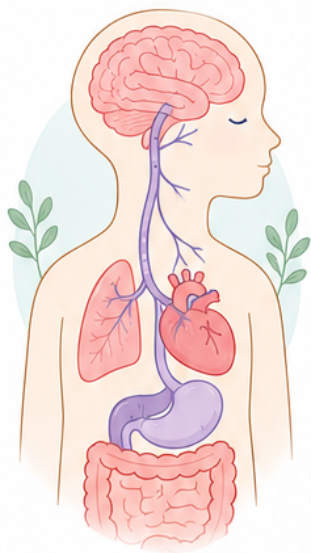




UNDERSTANDING THE VAGUS NERVE

♥ A Guide for Caregivers ♥

The vagus nerve is the body's natural communication highway. It connects the brain to many vital organs, helping regulate calm, connection, and healing.

When our vagus nerve is supported, we feel safer, calmer, and more balanced.



FUN FACT

The vagus nerve is the longest cranial nerve in your body. It plays a big role in mood, digestion, immune health, and stress recovery!

WHAT DOES THE VAGUS NERVE DO?



REGULATES HEART RATE

Helps keep the heart beating steady and calm.



SUPPORTS EASY BREATHING

Helps the lungs relax and take in enough oxygen.



AIDS DIGESTION

Supports healthy digestion and helps reduce stomach discomfort.



LOWERS STRESS & ANXIETY

Helps the body shift out of "fight or flight" and into "rest, digest, and heal."



BOOSTS MOOD & CONNECTION

Supports positive feelings, emotional balance, and social connection.

SIGNS THE VAGUS NERVE MIGHT NEED SUPPORT

- Feeling anxious, overwhelmed or on edge
- Trouble sleeping
- Digestive issues (constipation, nausea, upset stomach)
- Low mood or irritability
- Muscle tension or frequent headaches
- Feeling disconnected or shut down



Small daily habits can make a big difference!



When we take care of our own nervous system, we're better able to support the people we love. Your calm is a gift.



EASY WAYS TO SUPPORT THE VAGUS NERVE



✓ DEEP BREATHING

Slow, deep belly breaths send a signal to your body that it's safe to relax.



✓ SING, HUM OR GARGLE

These simple actions gently stimulate the vagus nerve.



✓ PLACE A HAND ON YOUR HEART

Gentle touch and gratitude help activate your calming system.



✓ SPEND TIME IN NATURE

Fresh air, sunshine, and green spaces are powerful nerve soothers.



✓ MOVE YOUR BODY

Yoga, stretching, walking, or dancing help support balance and calm.



✓ EAT FOODS THAT NOURISH

Whole foods, omega-3s, and probiotics support nerve health.



✓ GET QUALITY SLEEP

Rest is essential for your body to reset and repair.

- ✓ Take slow breaths.
- ✓ Pause when you need to.
- ✓ Ask for help.
- ✓ You can't pour from an empty cup.
- ✓ You matter too.



For more tips, resources, and printable tools for parents and all caregivers, visit:

lifeafterabaclassroom.com

Scan to read the full article!



Calm. Connect. Support. Together.