



# Reduce your stress in the staff room



## 6 VAGUS NERVE ACTIVITIES FOR EDUCATORS



### 1) DRINK ICY COLD WATER

The cold temperature of icy water reduces your heart rate briefly. This triggers a relaxation response and can divert the mind away from stressors that stimulate the sympathetic "fight or flight" side of nervous system.

### 2) SNACK MINDFULLY

Slowly enjoy a small, cold, crunchy healthy snack like apples, carrots, or almonds. Focus on the tastes and textures to activate the parasympathetic system.



### 3) HAVE A LAUGH

Scroll through funny memes or listen to songs that make you chuckle. A genuine belly laugh relaxes the vagus nerve.

### 4) CALM NATURE SOUNDS

Play a 5 minute nature sounds track (ocean waves, birds chirping forest). Let the soothing audio massage your vagus nerve.



### 5) GARGLE WATER

Gargling with water, even for a short period, can stimulate the muscles in the throat connected to the vagus nerve, activating its calming effects.

### 6) MAKE THE ROOM SMELL

Each morning place fresh lavender, lemon slices, and/or camomile in the staff room. Inhaling these scents can trigger relaxation responses by the vagus nerve.



### 7) SELF-MASSAGE

Perform gentle self-massage on areas like the temples, neck, ears, jaw line, collarbone. This can help release tension and activate relaxation.