



The Integrative Women's Health Institute

Parasympathetic Nervous System

Stimulation Strategies

Most people spend more time in a high stress, “fight, flight, or freeze” mode compared with the time each day they spend relaxed, calm, and feeling fully supported and comfortable. Here are some of the resources that we use clinically at IWHI to stimulate more nervous system calm, healing, repair, and recovery each day.

Additionally, the vagus nerve toning strategies detailed here help to increase HRV and support nervous system balance.

- Calm or Breathe App

Use breath work, mindfulness, meditation, and music to stimulate relaxation.

- Ziva Meditation

A wonderful meditation practice that you can learn easily and use anywhere at anytime. (link: <https://cd371.isrefer.com/go/zivaONLINE/jdrummond/>).

- Essential oils: use any that feel good and calming to you.

One to try: Vibrant Blue Oils Parasympathetic Essential Oil

(link: <https://shop.vibrantblueoils.com/product/parasympathetic-essential-oil/>)

- Loud chanting or singing
- Prayer
- Exercise
- Massage
- Cold showers, cold plunges, or cryotherapy
- Humming
- Yoga and Tai Chi
- Forest bathing
- Taking a walk outside in nature

