

Ways To Get To The Ventral Vagal State

Three Autonomic States

- Ventral Vagal (*Victory*)
- Sympathetic Nervous System (*Superman on high alert*)
- Dorsal Vagal (*Down in a hole*)

We want to stay in the ventral vagal state as often as possible because there we are more creative, open-minded, calm, resilient, and logical. We are much better at planning and problem solving when we are in the ventral vagal state.

Here is a list of suggestions that can help you get to and stay in the ventral vagal state:

1. Find your happy place—visualize a happy scene
2. Positivity portfolio—collect images that create a positive feeling
3. Breath—count inhale 4, hold 4, exhale 4, hold 4 (or any other count)
4. Mindfulness—practice being fully in the moment
5. Meditation—lots of different kinds! I like the Loving-Kindness
6. Success journal—keep track of your accomplishments
7. Sound/Music—any sounds or music that are uplifting to you
8. Art—create art in any form (e.g., macrame, woodworking, painting)
9. Uplifting books, movies, shows, and podcasts
10. Gratitude journal—write down what you are grateful for
11. Exercise/movement—any movement helps!
12. EFT (Tapping)—look this one up online. Lots of good results.
13. Cognitive restructuring—Cancel that order! when you have a negative thought
14. Nature—humans react well when surrounded by trees and grass
15. Smells—very individual. Find the smells that comfort/energize you
16. Temperature—warm yourself up if you are feeling cold and down
17. Sleep—very important to get enough sleep
18. Connection—we cannot maintain the ventral vagal state without nurturing, reciprocal relationships

There are a lot more! Finding what brings you peace and joy when you are alone and with others is a wonderful part of life's journey!