



I'm not a robot

































Vagus nerve massage for stress and anxiety RELIEF

nwhealth.edu/bloomington-clinic Ask a Provider: Sarah Weaver discusses

how Massage to Stimulate the Vagus Nerve for Anxiety Relief

Traumatization makes it harder for the vagus nerve to move the body

out of fight-or-flight into regulation, but stimulating it Watch the

recording of Dr. Heyne's free workshop on overcoming to me Julie for

more videos on mental health and psychology. # You can control stress

and anxiety with massage therapy Practical, science-based writing on

the body, the nervous system, and feeling like yourself again. Join

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