



I'm not a robot

































Vagus nerve massage for stress and anxiety RELIEF Alleviate Anxiety and Stress with this ear massage technique Practical, science-based writing on the body, the nervous system, and feeling like yourself again. Join 19000+ readers:Â ... Traumatization makes it harder for the vagus nerve to move the body out of fight-or-flight into regulation, but stimulating it canÂ ... Feeling anxious, overwhelmed, or on edge? You're not alone â€” and your body can help you heal. In this guided video, I'll walkÂ ... If you are new to my channel, I am Danielle Collins, World Leading Face Yoga Expert and best selling author and I love sharingÂ ... So let me share something with you if you have anxiety In this video Hannah Tosi, LICSW, RYT, and trainer at the Trauma Institute in Northampton, MA, guides a 12 minute self-Relax and feel the tension melt away with this 37-second shoulder