

SUPPORT HPA AXIS & VAGAL NERVE

Vagal Nerve stimulation to support brain health reduce inflammation boost mood



Ear massage, deep long breathing



Outdoor green country space



Singing and music



BDNF tripled with meditation
(brain derived neuro trophic factor)



Cold exposure - you may wish to end
your showers on cold!



Oxytocin release reduces
inflammation - human connection
hug more - laugh more!



Gargling after brushing teeth
If you can press down on Gag reflex-
back of mouth after teeth brushing

