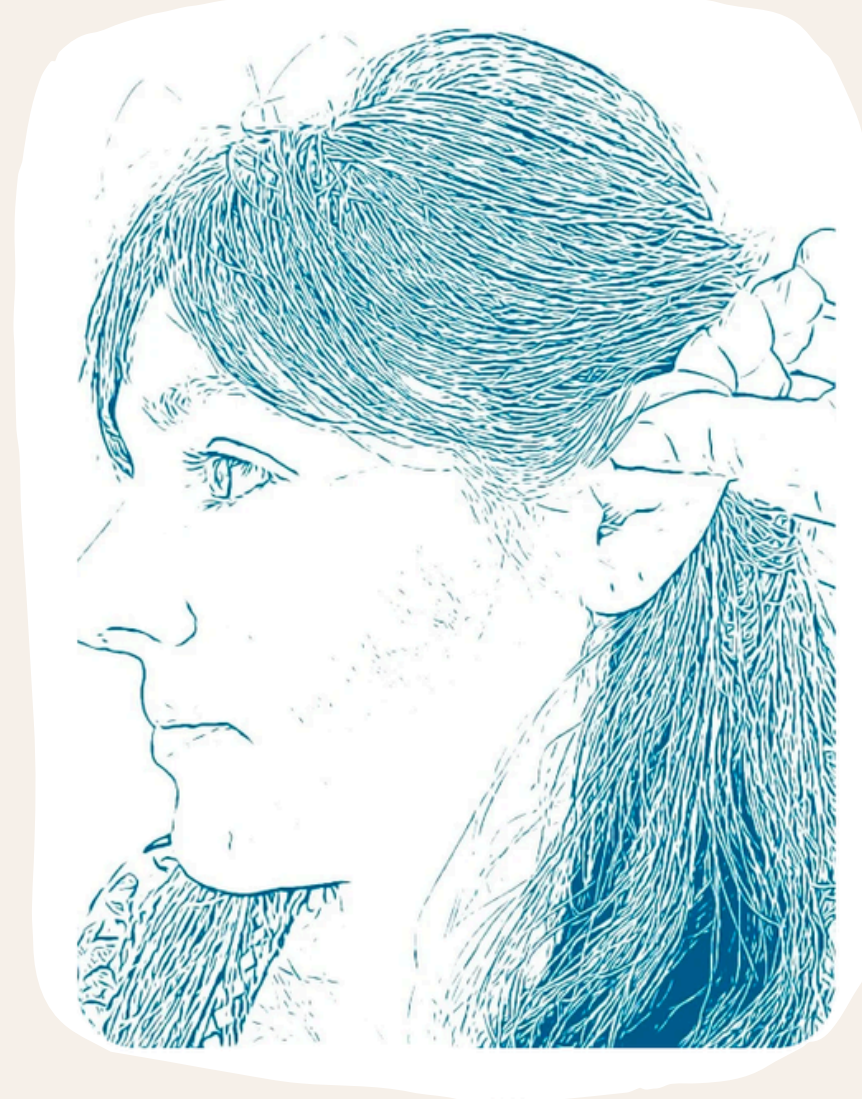


Vagus Nerve Auricular Ear Exercise

Hold each position for the pace of one slow breath.



Hold the outer center of your ear.
Gently pull outward



Hold the top of your ear.
Gently pull upward and slightly outward



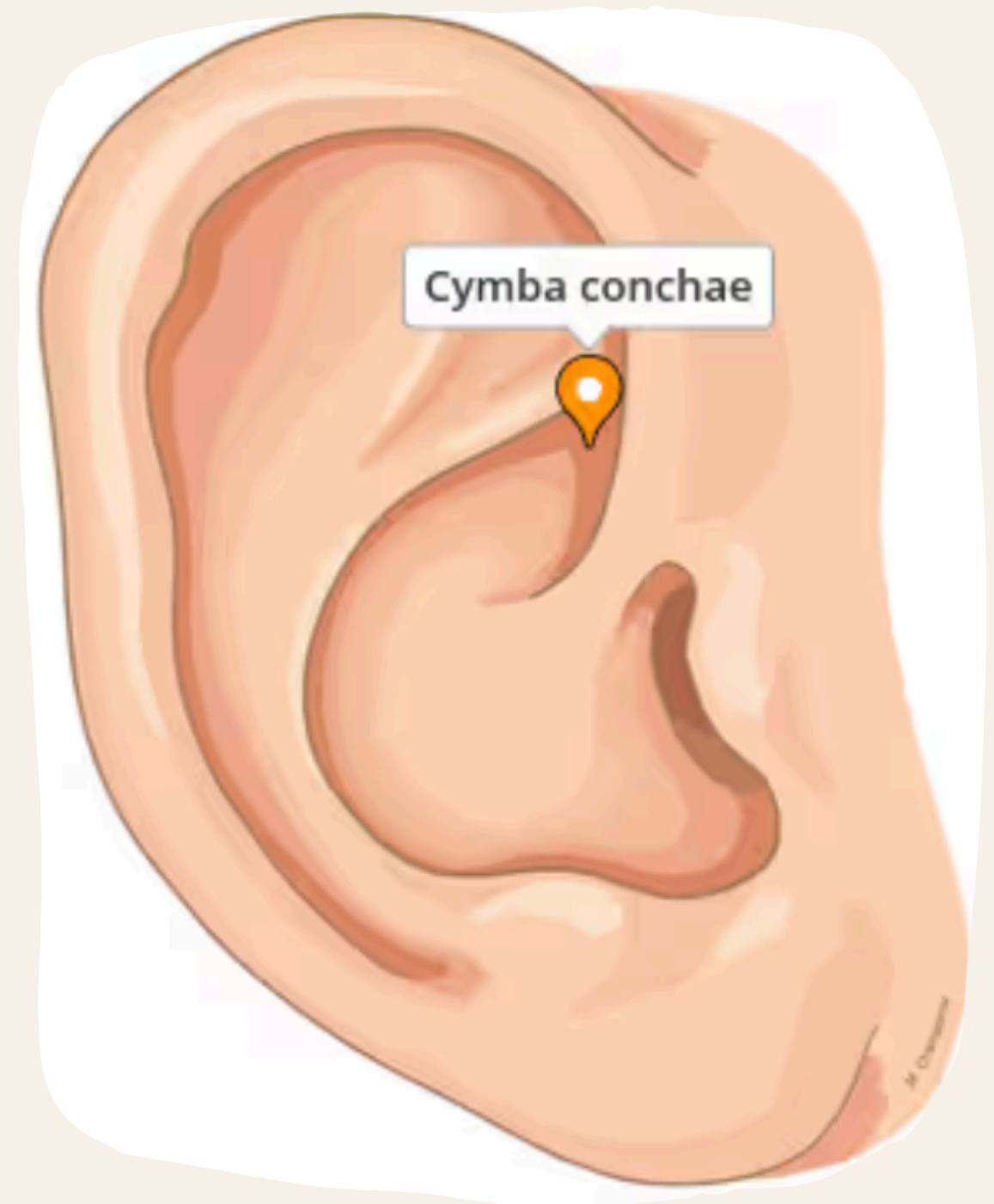
Hold the bottom of your ear and earlobe.
Gently pull downward and outward

Vagus Nerve Auricular Ear Exercise



Place your fingertip in the small hollow above the main ear canal (called the cymba conchae)

— begin moving in small, slow circles just moving the skin.



Vagus Nerve Auricular Ear Exercise



For the full 8
step video,
scan this code

