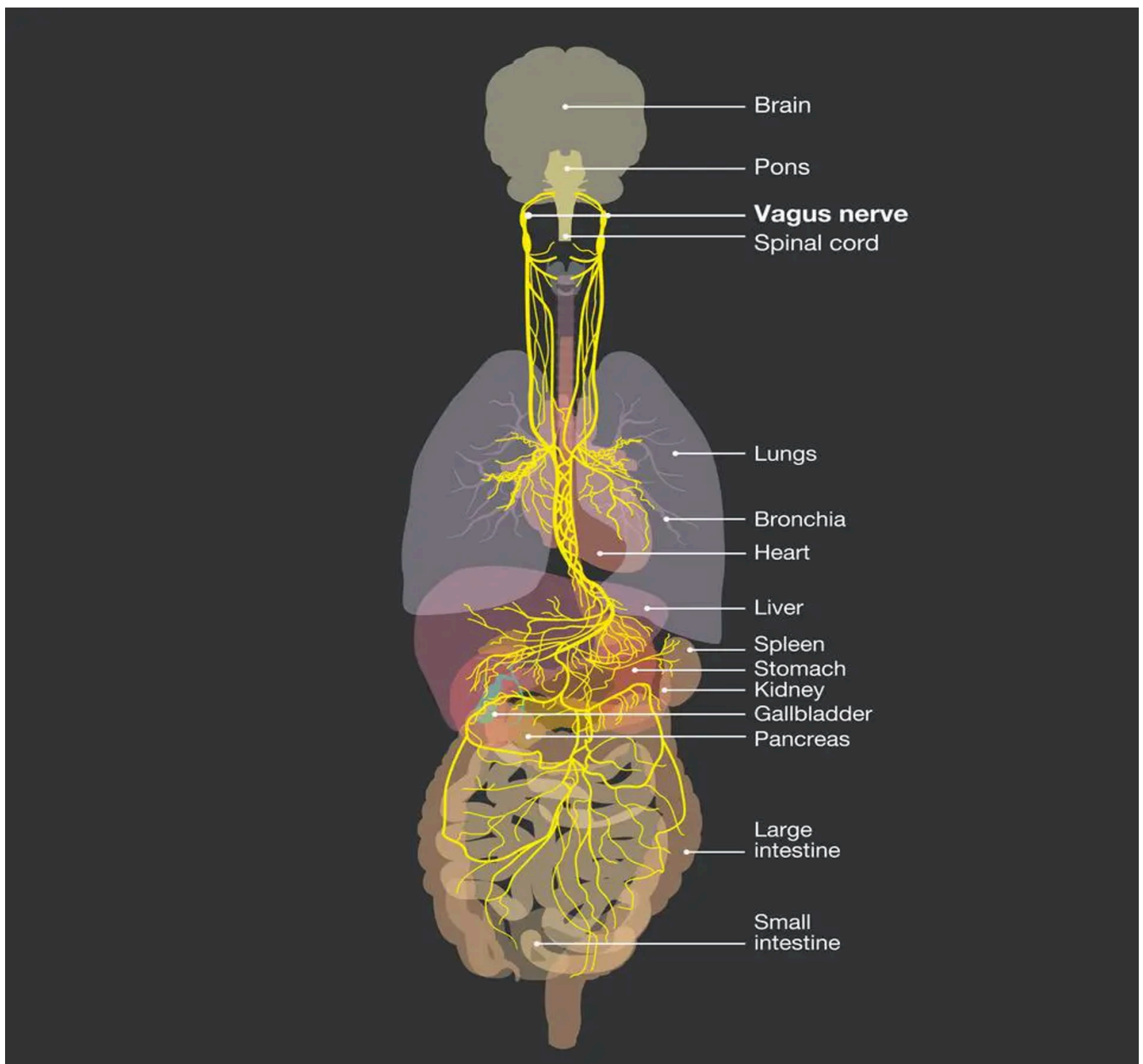


Welcome to The Vagus Nerve & Healing Trauma

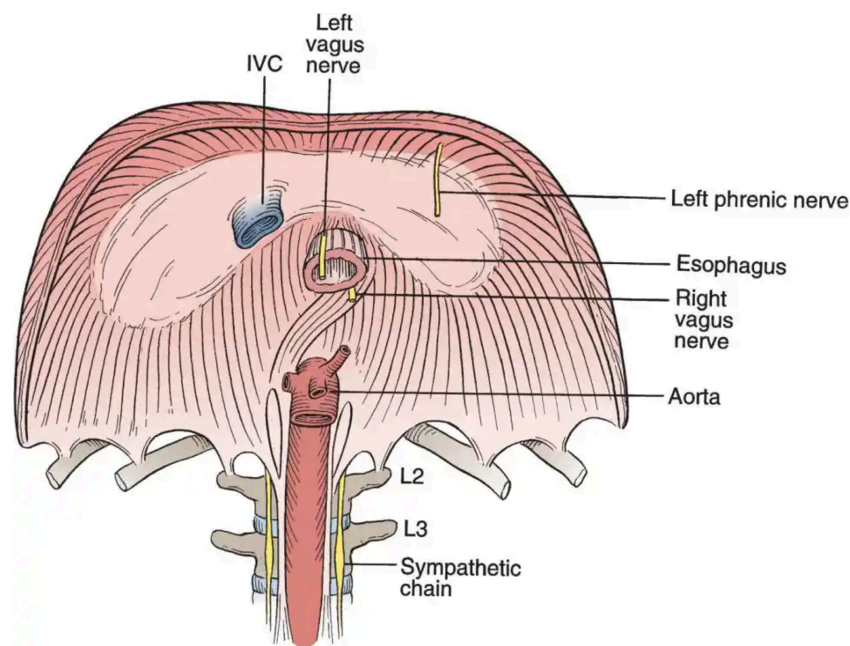
Part 1 of a 3-Part Video Training

We began by looking at the pathway of the **vagus nerve** as it moves throughout our neck and torso. By seeing all the different organ systems the vagus nerve connects to, we can begin to understand the impact of the vagus nerve on our health and well-being.



We also looked at the special connection between the **diaphragm** and the **vagus nerve**. The way we breathe affects our nervous system, especially through the

diaphragm, the main muscle used in breathing:



When the **diaphragm moves**, it **stimulates the vagus nerve**, which helps shift the body toward a **parasympathetic state**, the state of rest, calm, and healing (we'll explore this more in Video 3).

The good news is: **we can control our breath**.

By slowing it down and breathing more deeply, we can influence how the diaphragm moves—and that helps **strengthen (or “tone”) the vagus nerve**.

This is one of the reasons why **breath practices are so powerful**: they give us a direct way to **support nervous system regulation and build resilience**.

And if you want to see if you are breathing mostly from your chest, or if your diaphragm is also optimally engaged and be guided in a short diaphragmatic breath practice, be sure to click the link to watch the extra support video on YouTube: [🌐 Diaphragmatic Breath Practice](#)

See you in the 2nd video!

Be well,

Jennifer