

# Welcome to The Vagus Nerve & Healing Trauma

## Part 3 of a 3-Part Video Training

In Part 3 of this series, we explore how the vagus nerve contributes to trauma healing and promoting **self-regulation**.

### Self-Regulation

**Self-regulation practices** support our nervous system in shifting out of dysregulation and increasing access to the ventral vagal state. They are great to use when you notice you are moving out of your Window of Tolerance and need support to return to regulation.

I discussed the following skills and tools that can **support vagal tone, build capacity, and increase self-regulation**:

- Slow, deep breathing exercises (see my eBook [Breathwork & Your Nervous System](#) for guided practices).
- Increasing interoceptive awareness through somatic practices such as yoga, tai chi, and qigong
- Tracking your nervous system with the *Window of Tolerance Scale* that is included in your downloads
- Humming, singing, chanting
- Connecting with feelings of gratitude and spending time in nature
- Grounding practices (See my YouTube video [My Five Favorite Grounding Practices](#))
- Orientation (See my YouTube video [Orientation - Support for Getting Unstuck](#))
- The somatic practice included in my monthly newsletter *The Sacred Pause*

With all of the above practices, it is important to stay connected to your body and notice the **interoceptive impact** that it has - **what sensations, feelings, and bodily experiences arise?**

### Healing Trauma: A Vagus Nerve-Informed Approach

Healing trauma involves:

- **Releasing stored survival responses** - like fight/flight/freeze - that got stuck in the body when we didn't have the safety or support to complete them.
- **Working through attachment wounds, relational trauma, and boundary ruptures** that shape how we connect (or disconnect) from others.
- **Re-establishing a sense of safety in the body** and learning to trust our internal cues.
- **Spending less time in dysregulated states** like:
  - *Hyperarousal*: anxiety, overwhelm, panic
  - *Hypoarousal*: numbness, collapse, dissociation
- **Building capacity to feel and integrate difficult sensations, emotions, and memories** without becoming overwhelmed or shutting down.
- **Reclaiming access to the ventral vagal state**, where we feel calm, safe, connected, and capable of self-regulation
- **Developing flexibility** to move between activation and rest without getting stuck in survival responses (fight, flight, or freeze)

This process takes **capacity** - the ability to stay present with our body, sensations, and emotions, even when they feel intense or overwhelming.

Capacity grows when we learn to gently stay with waves of anxiety, numbness, or grief, and when we have the right tools and support.

## The Power of the Ventral Vagal State

The ventral vagal branch of the vagus nerve helps us feel **grounded** and **connected**, even in the midst of challenge. It supports us to **stay in our bodies**, maintain a sense of self, and reach for connection rather than collapse or defense.

When we restore access to this state, it becomes easier to process pain, navigate relationships, and move toward what we **truly long for**.

## Modalities that Support Trauma Healing

There are many paths to healing, but two modalities I have the honour of facilitating - and witnessing deep transformation through - include:

[BioDynamic Breathwork & Trauma Release System](#): A powerful trauma-informed breathwork approach that focuses on embodiment, nervous system regulation,

and releasing trapped survival energy through breath, movement, sound, and presence.

[Path of Love](#): Because trauma often happens in relationships, it must be healed in relationship. Group spaces offer profound opportunities for:

- Nervous system co-regulation
- Being mirrored and deeply seen
- Feeling safe enough to express buried emotions
- Stepping into vulnerability, courage, and connection

When we're held in our authentic experience, without judgment, something shifts.

We soften. We open.

And we begin to remember who we really are, beneath the survival strategies.

Thank you for joining me in this video series!

Healing takes time, care, and support. Whether through **breathwork, somatic practices, or therapeutic guidance**, every step you take is part of a journey back to **safety, connection, and wholeness**.

You already carry the capacity for transformation. Keep listening. Keep tending. You're not alone in this.

Be well,

*Jennifer*

