



Your Daily Practice

Episode 35

How to Use Polyvagal Theory To Shift Your Nervous System
with Dr. Deb Dana

Practices to try this week

1. Check in with your nervous system throughout the day.
 - Are you in a state of sympathetic (revved, stressed, on edge?), dorsal vagal (shut down, disconnected, lifeless) or ventral vagal (connected, flexible, safe)?
2. When you are in sympathetic overdrive try one of these tools to get back to ventral vagal:
 - slow movement
 - slow breath or sighing
 - Holding a touchstone
 - Reading a self-compassion statement
3. When you are in dorsal vagal:
 - Imagery
 - Gentle movement
 - Music
 - Behavioral activation