

# **Activate relaxation**

The natural short and easy way to relax

Tension and relaxation correspond  
naturally a natural harmony

## **Activate parasympathetic nervous system**

### ***What is meant by it?***

We all know that after a phase of tension, be it physical or psychological, a phase of recovery should create the necessary balance. All living beings share this harmonious process. All of nature even functions according to this principle of harmony, of balance.

Our "homo ancestors" had to flee from the saber-toothed tiger and then recover first. Nature has created this well-known escape fight mode here. There is also the freeze mode, which means that we can neither fight nor flee but «freeze». This is also the same for all living beings.

Our whole mind-body system is perfectly set up for survival. In today's adapted "nice" society we experience that stress often takes on a life of its own and natural relaxation is increasingly lacking. That means we tighten and tighten and tighten until the arch breaks or we plunge into the depths, or whatever we want to call it.

We find the natural process of harmony in many systems, for example in the yin and yang of Chinese medicine or as sympathetic and parasympathetic in the neurological sense.

My experience with many people who have suffered from burnout, for example, is that relaxation is no longer possible here or is very difficult. People suffer from excessive worries, sleep disorders, fears, constant inner tension, various inflammations (often in the stomach / intestinal area) and so on. This then leads to a weakened immune system. Many medical and therapeutic measures do not really work here or only after many months or years. After a certain time, the nerves that are so important for relaxation "atrophy". If the para-sympathetic nerve, and especially the vagus nerve, is activated again, relaxation can occur again at a deeper level. It could be that this will resolve many health issues. The activation measures are very simple and we know many of them, maybe they are too simple?

The list here is certainly not complete and, as always, it makes more sense to try it out than to talk about it a lot. The ice bath and the first breathing exercise are highly recommended.

Sources: Journal Natur & Heilen, the book "Activate Your Vagus Nerve" by Navaz Habib, own experiences and input from a good friend and a therapist.

**May all beings be healthy and happy.**

## **Methods:**

### **Hand methods:**

Cross your arms in front of your torso and tap your hands on the opposite side below the collarbone (or on the shoulder on the side).

With the fingers of the left hand, lightly stroke the left half of the face from the temples down over the cheeks to the chin with the fingertips from top to bottom. Do the same with the fingers of the right hand at the same time.

The whole brain posture is also well suited: cross your legs while lying or sitting, keeping your hands crossed and turning up to your chin. You can find pictures of this on the net.

### **Breathing exercises:**

Breathe deeply through your nose, that is, your stomach expands outwards, the diaphragm presses on the intestine from above. Inhaling should take about 5 seconds. Then hold your breath for 2-3 seconds and then slowly exhale through your mouth for about 8 seconds; the exhalation should definitely take longer than the inhalation, ideally twice as long and that takes practice. Here the stomach lowers again, and the diaphragm relaxes. After exhaling, hold the breathing process for approx. 2 - 3 seconds before inhaling slowly again. If we breathe in this way for about 5 minutes, this has a strong effect on the activation of the parasympathetic nervous system. In my experience, it is good to practice this breathing before going to bed; regardless of whether the breathing is performed while sitting or lying down.

Another useful breathing exercise is the following: While lying down, breathe deeply through your nose through your stomach and inflate it like a balloon. Then exhale through your mouth and pull your stomach deep towards your spine. The pace is of course the way it is right now.

Do the exercise for maybe 5 to 10 minutes. In general, slow and deep abdominal breathing activates the parasympathetic nervous system. It is a good idea to hold your breath below the navel for a few seconds before exhaling slowly.

### **Ice bath:**

Fill the bathtub approx. 10 cm with cold water, sit in and continue to fill up with cold water up to max. to the navel. Linger in the water for about 5 minutes or a little longer. When entering the water, try to breathe calmly and deeply, even if it is difficult at first. Initially, the pulse rises, which indicates that the sympathetic nervous system is activated. But after about 30 - 60 seconds the pulse will drop below the normal resting pulse; this shows that the parasympathetic nervous system is activated. An ice bath can be done 3 times a week. My experiences with it are very good.

Bathing in cold water is also very good or even just taking a cold shower (although this should be longer than a few seconds). The important thing is that we learn to breathe calmly and relaxed. Thus, we are also able to remain calm in a stressful everyday situation. If you want to find out more about the methods of cold, you can have a look at Wim Hof; he is known as the ice man [www.wimhofmethod.com](http://www.wimhofmethod.com)

**Nature - Forest:**

Forest bathing has been everywhere lately. That means that we should be in the forest several times a week and simply enjoy the silence; simply BEING in the forest is the motto. A long, slow walk in the forest, especially after or during the rain, is very good for activation.

**Sleep:**

A midday nap activates the parasympathetic nervous system, as does deep sleep in general.

**Meditations:**

Anyone who is able to experience a calm inner state in all situations will probably be constantly in peace and relaxation, no matter what comes from outside. Meditations are the key here. Mindfulness meditations on the breath or meditations that open the heart activate the parasympathetic nervous system. Diamond Way meditations tend to activate the sympathetic nervous system.

An effective relaxation method is the muscle relaxation PME according to Jacobson. There are numerous instructions for this, be it in the form of a book or audio CDs.

**Humming, singing:**

Humming or chanting, which means chanting mantras, quickly activates the para-sympathetic nervous system. This is because the larynx branch of the vagus nerve is activated here. A good way to do this is to hum the syllable "Om" in your throat.

Singing in general is a good method to create inner harmony.

**Body:**

Physical closeness to the heart, a loving hug and a loving union activate the vagus nerve.

Slow stretching exercises, especially in the lumbar region, activate the vagus nerve.

Fast walking or slow jogging in the low pulse range activates the parasympathetic nervous system. This method also produces the important stem cells.

**Gag reflex:**

Use the toothbrush to touch the soft palate to provoke a gag reflex. Touch both sides of the palate to stimulate the paired cranial nerves.

**Flora:**

St. John's wort has a good effect on the parasympathetic nervous system. I recommend the mother tincture from the Ceres products [www.ceresheilmittel.ch](http://www.ceresheilmittel.ch). The ashwagandha plant also has a good effect on the relaxation nerve.