

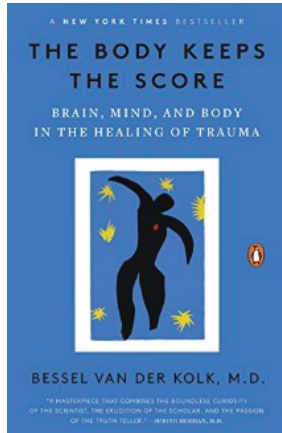
## Videos:

- TED Talk: How Childhood Trauma Affects Health Across a Lifetime by Nadine Burke Harris
  - [https://www.ted.com/talks/nadine\\_burke\\_harris\\_how\\_childhood\\_trauma\\_affects\\_health\\_across\\_a\\_lifetime?language=en](https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en)
  - \*Available with transcription and Spanish subtitles
- TED Talk: Your Body Language May Shape Who You Are by Amy Cuddy
  - [https://www.ted.com/speakers/amy\\_cuddy](https://www.ted.com/speakers/amy_cuddy) \*Available with Spanish subtitles
- Trauma Sensitive Meditation: <https://insighttimer.com/angelalunatherapy/guided-meditations/trauma-informed-anchor-meditation>
  - \*Not available in Spanish
- PolyVagal :
  - <https://www.youtube.com/channel/UHCABftGT184YQ33z811uCW> \*Not available in Spanish

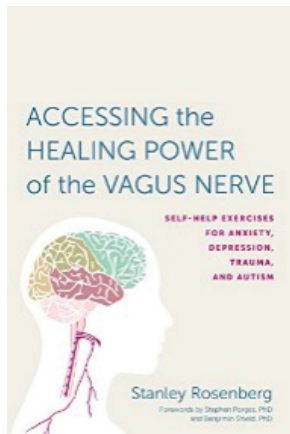
## Mental Health Resources:

- Psychology Today: <https://www.psychologytoday.com/us>
- Trauma Survivors Network: <https://www.traumasurvivorsnetwork.org/pages/home>
- To learn more about ACES and access the self-assessment please visit: <https://www.acesaware.org/>
- National Suicide Prevention Lifeline: 1-800-273-8255 to talk to a confidential trained listener or text MHA to 741-741.
- Chronic Pain Anonymous: <https://chronicpainanonymous.org/>
- American Chronic Pain Association: <https://www.theacpa.org/>
- Or you can call 2-1-1 from anywhere in the US to be connected to local resources

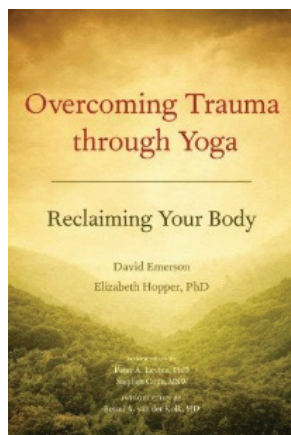
## Books:



**The Body Keeps Score**  
by Bessel Van Der Kolk



**Accessing the Healing Power of the Vagus Nerve: Self Help Exercises for Anxiety, Depression, Trauma and Autism**  
by Stanley Rosenberg



**Overcoming Trauma through Yoga**  
by David Emerson

# Soothing Vagus Nerve Exercises



**Ear Massage:** Gently massage ears, focusing on the upper area.



**Heart & Belly Breath:** Place one hand on your chest and the other on your diaphragm. Breathe in feeling the hand of your belly rise and exhale feeling the hand on your belly fall. Feel into your heart and notice its beat.



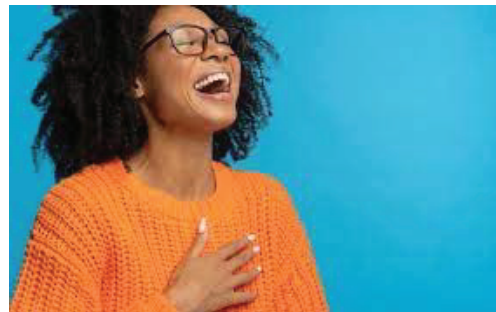
**Cat and Cow:** From a table-top position on your hands and knees (can also do on your forearms), rotate pelvis forward by making an arch in your back (cat) then slowly rotate pelvis back making a bend in your back (cow)



**The Executive:** Raise arms above head and place hands on back of head. Gently recline to open chest and throat. You may do this with one or both arms.

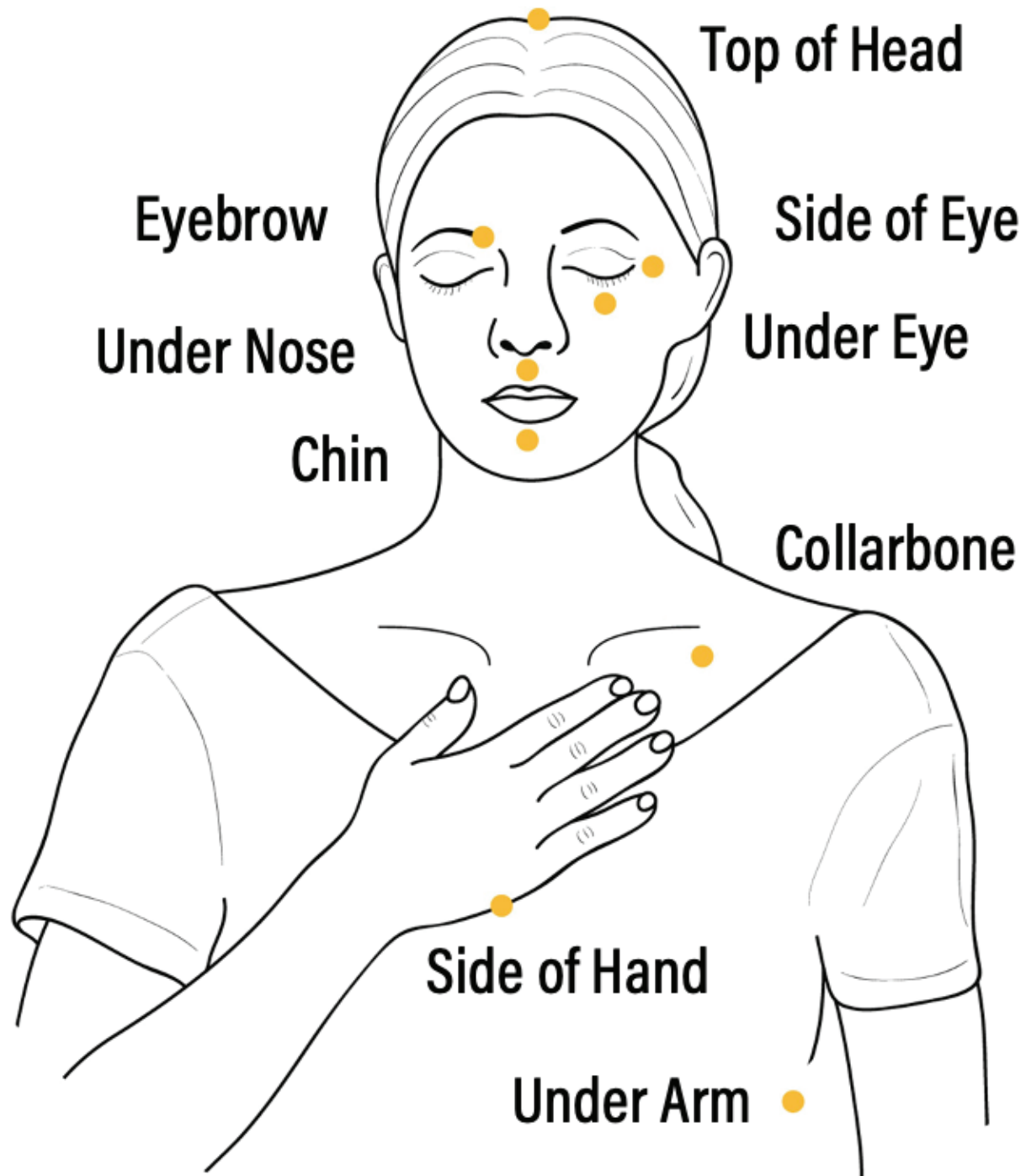


**Self-Hug:** Place one hand under your armpit and the other hand resting on the back of your arm or on the side of your rib. You can also hug a pillow to your chest. Then take some deep breaths.



**Laughing:** Laughing gently vibrates the vagus nerve resulting in a feeling of relaxation.

# Tapping Points



# HIGH POWER POSE



Standing, Wide Stance



Arms Raised in a 'V' Above Head



Hands on Hips



Arms Crossed Behind the Head, Sitting or Standing



# LOW POWER POSE

Sitting with Hands Folded in the Lap



Arms Crossed Over the Chest



One Arm Across Body in a Self Hug



Hunching



## Some Strategies to Increase Vagal Tone

### **BOTTOM-UP APPROACHES**

- Somatic Experiencing Therapy
- Polyvagal Informed Therapy
- Deep breathing
- Singing/chanting/Humming/Gargling
- Yoga/ta chi/qigong
- Cold showers
- Diet
- Self-Massage
- Vagus Nerve Exercises
- Tapping

### **TOP-DOWN APPROACHES**

- Meditation
- Counseling/CBT/ EFT/ACT/EMDR
- Positive social connection
- Expressing gratitude
- Craniosacral Therapy
- Biofeedback
- Laughter
- Prayer