



Sensual Stress Soothers

Strengthen your relationship with your actual best friend, your vagus nerve.

"Viva Las Vagus"
By Caron Proctor

AROMA BLISS



Have you heard about the stress response we call fight-flight freeze or fawn? (Probably)

But have you heard of the body's natural balancer, the soother of the parasympathetic nervous system?

The vagus nerve is a key player in regulating various physiological responses. Think of it as your inner Buddha.

The vagus nerve is like your body's built-in soother. It's a crucial part of the PNS nervous system that helps regulate stress, heart rate, digestion, and mood. Think of it as your body's way of saying, "Relax, I got this!"

Your Bodies Natural Stress Soothers

So, stress is like your body's way of saying, "Whoa, hold up!" It kicks in when life throws curveballs, or we feel like we're losing control. We all handle stress differently - blame it on our unique life experiences and our programming from childhood.



So, let's step into the role of the Vagus nerve.

Definition:

The vagus nerve is the longest cranial nerve and a significant part of the parasympathetic nervous system.

Components:

It's a single major nerve that runs from the brainstem to various organs in the body.

Function:

Regulates heart, digestion, and respiratory rates and improves social engagement.

Role: Acts as a significant communicator between the brain and various internal organs, promoting overall balance and well-being.

Here's my nutshell version:

The Buddha inside -

- Nickname: Inna Buddha
- Mood: Relaxed and Zen
- Job: Laid-back superhero like a fairy godmother...
- Mission: Keeps you safe, kicks stress to the curb, and whispers, "All is well."

There are heaps of ways to strengthen your Zen and elevate your Buddha response.



Let's start with the ancient practice of aromatherapy.

Experience the ancient and rich practices of massage and aromatherapy, which have been cherished for centuries. Their time-honoured origins and proven benefits make them excellent choices for relaxation and healing.

Introducing the "Viva Las Vagus" Practices Aroma Bliss

Oil be right:

Chill like a Buddha ritual with your favourite body oil. (My favs are vanilla, lime, cinnamon, sandalwood, lavender!) Pop a drop or two onto the palms of your lovely, clean hands, and gently rub them together until your hands are cosy warm.

Inhale the Good Vibes:

Hold your fragrant, warm, oily hands to your nose, take a deep breath, inhale good vibes, and exhale the drama. (The bullshit, the nasties!). Repeat until your shoulders are no longer scrunched up by your jawline.





Neck Love:

- Using the same process with the oils, but now...
- Gently massage upward from the clavicle (collar bone). Left side, then repeat on the right. Stroke the tension away.

Ear Play:

- Pop two fingers behind the earlobes and press firmly in a small circle for a secret handshake with relaxation mode. Repeat until you spark bliss.

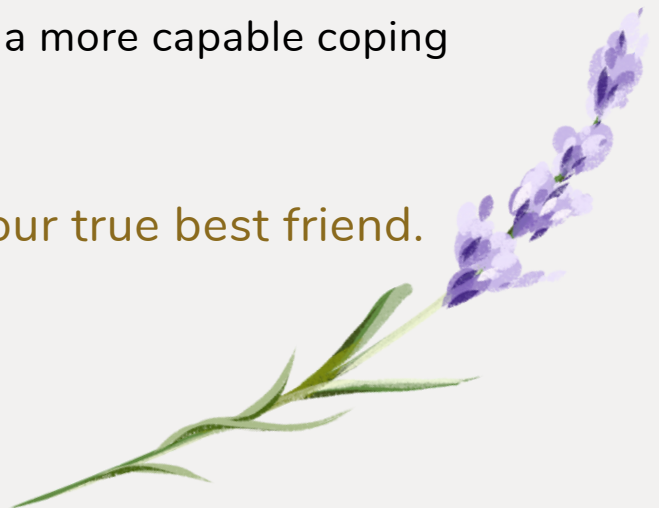
Gaze Shift:

- Interlace fingers behind your head, gaze right, chill. Yawn? Perfect! Now, left side for good measure. Repeat until you feel like yawning.

Pro Tip: These easy practices are your ticket to the relaxation station. Try them before bedtime or when stress gate-crashes your vibe.

Strengthening your vagus nerve (inna Buddha) will help you not only release built-up tension but also build a more capable coping method with all things stressful.

Remember, your vagus nerve is your true best friend.



For more ways to strengthen and soothe yourself, get in touch for free guides or personal coaching.

Feeling amazing, relaxed, and happy in today's tumultuous world is an incredible gift. That's why I love hearing from anyone who is interested in achieving these states of mind. Don't hesitate to reach out and connect with me – together, we can make it happen.

Contact me by email, or mobile phone.

Love & Chill
Caron xx

