



ADVANCED LEVEL RITUALS: UPREGULATING AND DOWNREGULATING

Is your body prone to sympathetic or parasympathetic charge? If/when you run on high energy or anxiety (sympathetic), work your parasympathetic edges by practicing any of the downregulating rituals. If you have trouble sleeping at night, do the “Voo” breath or take a warm bath, so that you are more calm before you go to bed. Humming or laughter is a release, so it’s going to help calm you, too.

If/when you run low on energy, work your sympathetic edges by practicing the up-regulating rituals. Here in the following chart is a short list of examples and by no means is this list meant to be exhaustive. But if you get the idea of the types of exercises and rituals that will benefit you, you can add to the list based on your personal needs.

Practice one or more of the rituals listed in the following chart at least three to five times a week for at least a week before moving to the next practice. Listen to your body. What is giving you more energy or more calm?

If you find your energy rising (edgy, agitated, restless) or dropping (yawning, sleepy, low energy) outside of the optimal zone, just do a practice from the opposite regulation strategy. Since this is not an exact science, if you experience the opposite of what you were seeking, try something else. Everyone is different. Experiment!

RITUALS TO IMPROVE VAGAL TONE

OVERALL BALANCE: “VOO” BREATHING

UPREGULATE <i>for more energy</i>	DOWNREGULATE <i>for more calm</i>
Beginning rituals from Ch 6 (running or jumping in place to increase heart rate)	Intermediate and Advanced rituals from Ch 6 (e.g., interoception rituals)
Focusing on inbreath	Focusing on outbreath
Tongue on roof of mouth	Tongue on lower palette
Aerobic exercise, including running, jumping, hiking or other high impact workouts	Noticing gravity beneath you Chanting “I am safe” on the outbreath
Dancing	Calming music
Smelling something pleasant	Restorative yoga, qigong, tai chi
Singing	Humming, laughter
Cold showers	Warm blanket, bath, tea
Social contact	Walk in nature