

# Ground Yourself



Shumei shared a great article :

## [If There Was Ever a Time to Activate Your Vagus Nerve, It Is Now](#)

It is about simple ways we can activate our ventral vagus nerve to calm ourselves. Ventral what?! If you're not interested in how the brain works in reducing stress and stimulating calm (because, perhaps knowing all that is adding to your stress at the moment), skip right through to the part of the article that offers 4 simple steps for calming yourself.

The 4 steps are all great but we'll share the one more!

### **Ground Yourself:**

'One way to do that is by using your five senses. Going outside, listening to birds, and smelling a flower are all simple "grounding" activities, which Lanius says could help activate the ventral vagus nerve. Essentially, these things bring your body back to the present moment, which may feel safer to your nervous system than the potential scenarios of the future.

"If you're actually in a dangerous situation, like getting chased by a lion, then you should run," says Kolber. "If you're actually safe in the present moment but your body feels like it's threatened, grounding can calm those perceived threats." When you're paying attention to both your mind and body under stress, you'll feel more relaxed — and ultimately, more yourself.

"When you're in the hyped-up state of perceiving everything as a threat, all your resources will try to hold it together," Bufka says. "If you try to cope with your emotional response, you'll have more energy and resources to problem-solve."

The article recommends tuning in to your 5 senses. Li Ling's personal go-to is to stand with her feet hip-width apart, closing her eyes and pay attention to how her feet feel against the ground. She'll rock slowly, shifting her weight from the ball of her feet to her heel and back, noticing the pressure points and how the sensations change and you can do this while having your hand on heart.