

## Vagus Nerve – the Path to De-stress

The Vagus nerve in the human body runs from the brain through the torso and into the gut. This nerve contributes to the function of many organs and systems, including the brain.

During stressful events, the body's protection is the fight or flight response. The body springs into action to freeze, flee or fight. Once the stressor is gone, the body goes back to a normal, relaxed state. Sometimes the body gets stuck in this heightened response. Stimulating the Vagus nerve can "unstuck" this response and reset the brain to normalcy.

Consider simple Vagus nerve exercises to reset and find peace:

- Exposure to cold temperatures
- Humming or singing loudly
- Gargle until the eyes tear up
- Deep breathing exercises
- Massage
- Hearty laughter
- Yoga or Tai Chi movements

Since this nerve impacts many organ functions, a properly functioning Vagus nerve can provide a wealth of health benefits. If you experience stress that doesn't abate or would like to explore managing anxiety with a behavioral health counselor, contact NuVantage.

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*The natural healing force within each of us is the greatest force in getting well.*

~Hippocrates, physician of Ancient Greece

**When you are struggling with a situation in your life,  
you need the right help at the right time. NuVantage is here for you.**

Free and confidential.

After-hours crisis counseling is available.

# 800.577.4727

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**Lutheran  
Social Service**  
of Minnesota

Provides NuVantage  
Resource as a service



**Imagine** new possibilities.  
**Create** solutions that work for your life.

## NuVantage Benefits Video

Are you a new employee? Did you miss your organization's most recent NuVantage Employee Orientation? Are you curious if a challenge you are experiencing is covered by Employee Assistance Program benefits?

NuVantage has a new, short video that outlines the services provided to you and your household family members.

You can find the link at NuVantage.org under "Promotional Materials" in the Employer tab.

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*An investment in knowledge always  
pays the best interest.*

~ Benjamin Franklin



## Upcoming Wellness Portal Webinars

**12:30–1:30 p.m. CST on the second Wednesday of each month.**

Registration access and archived webinar recordings are located on the right side of the Wellness Portal main webpage.

**December 13** – Personal Fitness for Life

**January 10** – Stress Reduction Toolkit 2.0

**February 14** – The Sandwich Generation: The Ultimate Balancing Act

**March 3** – Eating Right for Life

NuVantage can help.

**800.577.4727**

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**Contact Us Today!**