

Exercises for Dorsal Vagal

AKA -
conservation



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Dorsal Vagal in a nutshell

This is a nervous system state that feels blah, unmotivated, lonely... it allows our body to **conserve energy**.

So how can we use that to our advantage in life and in fitness? This is your very brief starter guide to *'what'** you can do.

HOW, WHY and making it all fit with your unique female physiology is a longer story



Meet yourself where you are at

One way to know when our nervous system is operating from a dorsal vagal state is when we feel like there is just no point.

Makes it kinda hard to bother starting, right??!

Our body is saying, "Hey, we're giving everything we've got to just putting one foot in front of the other... and you want me to go pick up heavy shit and then put it down again?"

So this is the time to start slowly, to do less than you think you should, and to try holding poses (like a plank)





Lower the expectation bar

- Do a warm up and call it a day
- Include housework and gardening as exercise
- Go for a stroll and listen to a podcast
- Stretch
- Yoga
- Try isometric moves (holding poses) like a plank or a wall sit
- Do those moves in 3-5 second stints (with 3-5 second breaks) for no more than a minute total

**PLEASE be responsible for your own safety!*



KCCO (Keep Calm and Carry On)

When our nervous system is in a dorsal vagal state, we don't want to exert energy... we're just kind of done.

Trying to convince our brain otherwise won't happen by diving into energizer bunny mode. That won't feel safe to a nervous system that wants to efficiently conserve energy.

The more you find ways to do less and be ok with that, the more you will actually get done.





Small steps (aka: titrating)

Try this: press your hands together and then imagine your finger tips as candles and blow them out. Why?

Well, it asks your body to exert a small bit of energy without a lot of movement...and the long exhale cues your body that it is ok to relax after exerting.

Takeaway tips:

- Set one-step goals
- Do one thing at a time
- Take a moment to rest after each small thing
- Acknowledge that effort is hard when you don't have much energy to start with, and let doing less equal self-care.





Kickass Life Project

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Start your journey

Ok... so what is this dorsal vagal nervous system crap really all about? Is this woo-woo energy stuff or is this science?

Well, my resilient friend, this is actually science. The longest nerve in your body is called the vagus nerve and it is a literal connection from your body to your brain... and those body/brain communications are what determine our nervous system state.

Want to work with your body, feel more like yourself, and stop the diet roller coaster?

This stuff matters if you've experienced trauma. This stuff matters if you identify as female. The fitness world as we know it was never designed for you. Discover how it can feel different.

A JOURNEY TO RECONNECT WITH YOUR BODY

Attract^o

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