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A Quick Guide to Ventral Vagal Anchors



Who

Reflect on the people in your life and make a list of the ones who bring you a feeling of being safe and welcome. You might also have a pet who fills that place. First identify a person or pet who is present in your life. Then, if you wish, you can expand your search to also include people who are no longer living, people you haven't met but who bring your ventral vagal state alive, and spiritual figures.

What

Think about what you do that brings your ventral vagal state alive. Look for small actions that feel nourishing, relaxing and inviting of connection. Keep track of the things that bring moments, or micro-moments, of ventral vagal regulation.

Where

Take a mental tour of your world and find the physical places that bring you cues of safety. Look around your home, your neighborhood, your community, your workspace, a place you feel a spiritual connection. Bring to mind the everyday places you move through. Take note of the environments and name the ones that activate your ventral vagal state.

When

Identify the moments in time when you feel anchored in your ventral vagal energy. Take a moment to go back and revisit those experiences. Bring them into conscious awareness and write them down.

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