



Check your own vagal tone

Use this checklist as a guide to assess the tone of your vagus nerve.

STRONG - 2 or less ticked

MODERATE - 5 or less ticked

LOW - 6 or more ticked

- Feeling constantly stressed, and wired, like you can't calm down and relax even if you try - things like meditation have you feeling worse/more wired
- Feelings of sensory overload, overwhelm in busy places
- Chronic health complaints that nobody seems to be able to help with - chronic fatigue, migraines, fibromyalgia, anything else unexplained
- Takes a long time to calm yourself after a stressful moment, and can feel like you're not inside your body
- Decreased desire to be social, make eye contact, be around people, make conversation - preference to be alone in a quiet space - social activities leave you feeling drained and tired - pick up on their energy easily
- Brain fog, needing stimulants to get through your day, worse in busy, noisy situations
- Doesn't take much to stress you out, eg. a loud bang can have you feeling stressed and anxious for a long time
- You may have labelled yourself as an empath, introvert, or with social anxiety
- Digestive complaints - irritable bowel, unexplained abdominal pain, bloating, constipation - heightened gag response, possibly unable to take tablets without gagging
- History of childhood stress/trauma, which seemed to mould your personality into adulthood, and your ability to cope with stress or not

What's your score? _____