

# VAGAL

*Meaning: Vagal refers to anything related to the vagus nerve, particularly its functions in regulating involuntary bodily processes such as heart rate and digestion.*

1. The vagal nerve plays a crucial role in regulating heart rate and digestion.
2. Deep breathing exercises can stimulate the vagal response, promoting relaxation.
3. In some studies, vagal stimulation has been shown to reduce symptoms of depression.
4. A healthy vagal tone is associated with better emotional regulation and resilience.
5. Researchers are exploring the relationship between vagal activity and stress management techniques.

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