

The Link Between the Vagus Nerve, Social Anxiety, and The Listening Program

Many people deal with social anxiety or other difficulties with social skills, which can negatively affect various aspects of daily life. Improving social

skills can happen in a myriad of ways. Today we want to introduce you to one way you may not know about, music.

Using music to improve social skills and decrease social anxiety is possible and has been done effectively for thousands of people of various ages and abilities. Landon, for example, an 8 year old with anxiety and poor social skills, began using this particular music listening program. Soon after, his parents noticed his sensitivity to background noise decreased, allowing him to be part of conversations in public. He also became more confident in his communication at home as well as with peers. [His mom recalled:](#)

“His communication abilities were noticeably improved as his pronunciation got better, and he showed much more desire to talk with others. He was more expressive and more willing to share his

thoughts. He started initiating deeper and longer conversations with us. He would say, ‘Mom and Dad, how was your day?’ and then he would enjoy spending time just talking with us.”

The music Landon and millions of others used isn't just any music. It's scientifically designed classical music created to target the brain's communication center while also stimulating the vagus nerve, resulting in positive lasting results that improve a person's ability to show up and connect more efficiently in meaningful ways. Less stress, more confidence, and more verbal clarity are available to anyone who can put on a pair of headphones for 15 minutes and allow this specially designed music to do the work.

Social Anxiety Defined

Social anxiety is the fear of interaction with other people that brings on self-consciousness and feelings of being negatively judged and evaluated. As a result, this leads to avoidance of social interactions. While it can feel isolating and lonely, it is surprisingly common.

With this in mind, it's essential to find ways to help people navigate and work through this social anxiety, to take charge of their life and not be driven by fear. Social anxiety is often placed into two categories, localized or general.



In the US, it's estimated that social anxiety is the 3rd largest psychological disorder in the country, affecting about 7% of the population.

— [Vanessa VanEdwards](#), Author

Captivate: The Science of Succeeding with People
Cues: Master the Secret Language of Charismatic Communication

Localized anxiety would most likely happen in the following situations:

- Talking to a person of authority
- Speaking on the phone
- Speaking in front of a group
- Talking to someone you find attractive
- Answering the phone

In the book “*Wired to Connect*” by Amy Banks and Leann Hirschman, they point out that most people with social anxiety often have problems with their smart vagus nerve, which is meant to help us know when we are safe and keep us calm.

Generalized anxiety occurs outside of specific situations and manifests itself in the following ways:

- Thoughts: intrusive or ruminating negative thoughts
- Feelings: stress or worry
- Physical response: trembling, blushing, sweating
- Behaviors: avert gaze, hide behind physical structure

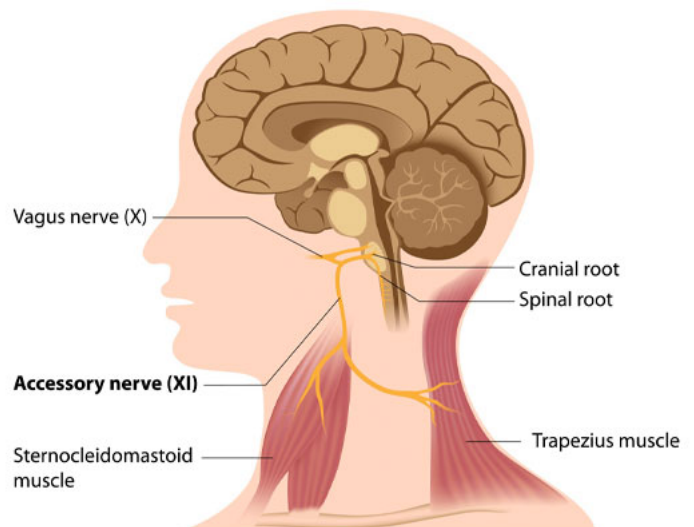


People with an overactive vagus nerve often feel anxious, panicked, or worried in seemingly safe situations. The vagus nerve misfires, sending “unsafe” signals, making it hard for a person to stay calm and collected.

The Role of the Vagus Nerve

The vagus nerve is responsible for many things, but one of the most powerful roles it plays is the reduction of anxiety in previously anxiety-producing settings.

Our brains are wired to send an “unsafe” signal in settings that previously posed a threat, danger, or feelings of anxiety. That signal is meant to keep a person safe, reminding them of past experiences that felt negative. For Landon, for example, his sensitivity to background noise made public places uncomfortable for him. Not only would he shut down verbally, due to the mental overwhelm, but also began avoiding being in public whenever possible. Multiple instances like this become the foundation for that unsafe signal to go off in more general ways, leaving a person feeling anxious, incapable, and without hope.



One common way to work through those situations is through Cognitive Behavior Therapy, which involves engaging in those situations that feel unsafe but aren't genuinely threatening, little by little over time, to show

the brain that the person can truly be successful in those scenarios. The process is uncomfortable and involves a lot of work to push past feelings of anxiety and ineptitude. It is done with a knowledgeable therapist who can simultaneously remind the person they are safe, even when their brain is in full “fight or flight” mode, wanting to escape the situation or completely shut down.

One other practical way to demonstrate to the brain that social situations are not unsafe is to decrease the intensity and frequency of that unsafe signal by activating the vagus nerve. An effective and straightforward way to do that is through The Listening Program, a music listening therapy designed to reduce the sensitivity of that unsafe signal, allowing a person to step into discomfort without feeling such intense feelings of a fight, flight, or freeze response.

For Landon, as well as many others, this often is coupled with a general feeling of being calmer, more patient, and more compassionate. Landon’s mom saw this improvement within three months of starting the program:

“I saw a reduction in separation anxiety at church, and he began handling situations more appropriately. He became more willing to apologize, and he could recover much faster if he became upset. I noticed that he had started using words rather than behaviors to express his frustrations. I also saw that he was handling transitions much better.”

TLP provides the listener with a “safe signal,” priming the nervous system for success. Among the many cranial nerves that the TLP affects is the Vagus nerve, which counterbalances the fight or flight system and can trigger a relaxation response in a person’s body.

The body’s vagus and other sensory and motor nerves respond positively to The Listening Program, especially with simultaneous air and bone-conducted stimulation.

Often, when professionals have socially anxious clients who listen to TLP before an appointment, less time is needed to relax, calm, and encourage the client. They’ll often enter a session feeling relaxed as the vagus nerve has been stimulated, reminding them that they are safe and ready for therapy.

Patti says when her clients use TLP consistently, she sees improvements in their social connection, behavior, speech skills, and more.

Decreasing anxiety around social situations is a crucial first step and a barrier to many people with excellent communication skills but too much anxiety to use them. Some people can thrive socially without anxiety, but many still need an added dose of support to build better communication skills.

A feature specific to The Listening Program is stimulating and training the brain’s communication center, allowing a person to communicate more fluidly, confidently, and clearly. The icing on the top will enable people to feel less social anxiety.

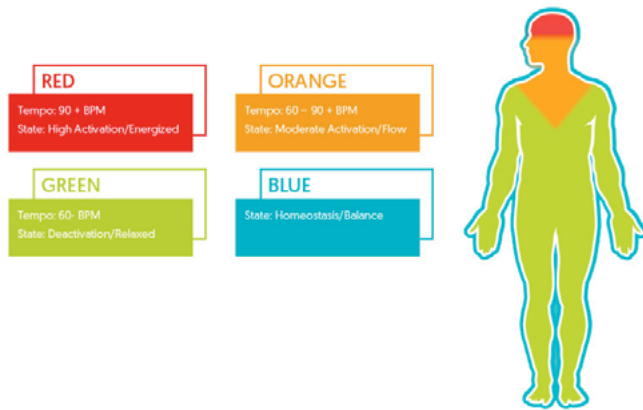


The Listening Program (TLP) provides the most gentle approach to healing the brain. Its scientifically designed music improves listeners’ ability to process sound frequencies that lead to a sense of security, safety, and achievement.

— Patti Andrich

Internationally honored occupational, vision therapist, researcher, author, and TLP Certified Provider

Zone Training In TLP



Throughout The Listening Program, the listener will experience a progression of four color-coded frequency training zones to target specific goals and functions. This zone training is unique to the listening program and allows listeners to expect specific outcomes after listening to different frequency zones.

For example, lower frequencies can help a person feel more grounded and emotionally regulated, whereas higher frequencies help a person feel productive, organized, and mentally clear.

The Orange Zone explicitly utilizes the frequencies of spoken language, which stimulates social connection by improving verbal and non-verbal communication skills for expressive and receptive language, which encourage more self-confidence in social interactions.

Nonverbal communication skills:

- Facial expressions (the expressions of the face often carry more meaning than words in specific social settings)
- Body movement and posture (not being too close to a person or too far away for comfort)

- Gestures (knowing how to read others' gestures, as well as make relevant gestures in socially appropriate ways)
- Eye contact (not too much, not too little)
- Touch (knowing when and how much is appropriate to touch a person in different social situations)
- Voice (the volume and fluctuations of a voice can carry a lot of meaning on their own, knowing how to interpret them correctly is essential to be able to read social interactions correctly)

A person unable to read or portray the correct nonverbal communication cues can miss out on jokes, misinterpret meaning, and be left feeling uncertain or uneasy about social interactions. By stimulating the nonverbal communication portion of the brain, a person can better acknowledge and understand nonverbal messages more effectively, allowing them to feel part of conversations and enjoy the interactions more often, knowing they aren't missing out on underlying meanings.

With consistent use of TLP over time, people report improvements such as:

- Social interaction and engagement
- Sustaining focus and attention
- Reducing and managing impulsivity
- Expressive and receptive language and communication
- Accelerating academic confidence and performance

This focused mid-frequency stimulation rewires the brain with beautiful relaxing music and numerous neuroacoustic modifications, including spatial training that results in improved communication and social connections that can last a lifetime.

Landon’s TLP Certified provider saw these benefits in formal assessments as well as anecdotal evidence. She said, “Findings demonstrate significant response following 3.5 months of consistent use of TLP Spectrum with the Waves Air and Bone Conduction

Audio System. Improvements have occurred in all five areas. With continued listening, it is expected that all performance areas will continue to show improvement, and scores will continue to decrease.”

TLP RESPONSE REVIEW DATE FOR RE-ASSESSMENT: 2-5-20

Performance Area	October 2019	February 2020	Improvement
Learning and Attention	23	17	-6
Auditory Processing	18	14	-4
Speech and Language	20	13	-7
Sensory Motor	20	14	-6
Social Behavioral	17	13	-4

TLP Online Free 7-day Trial:
 Start experiencing the beneficial effects of music in your own life or the lives of those you support.
try.advancedbrain.com

