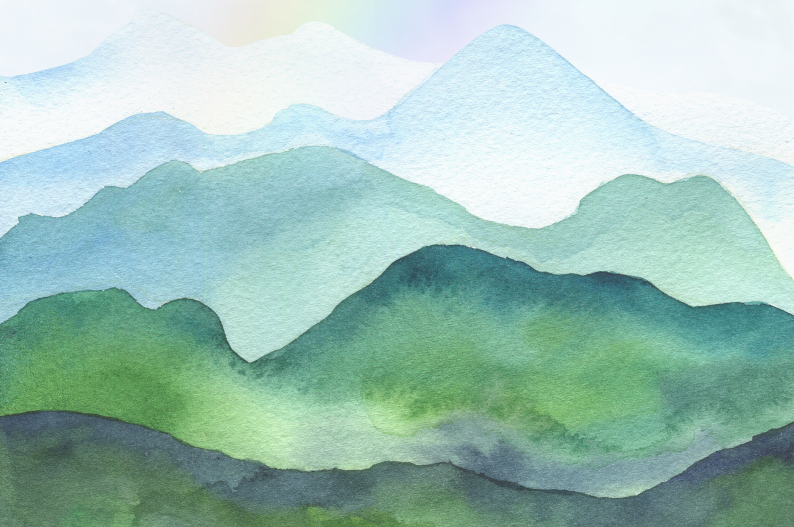


Somatic Therapy



Body Scan

Find a comfortable place to sit or lay down and close your eyes. Focus on the sensations in your body, starting from your feet and moving up to your head. Notice any tension without judging or assigning value to it.



Progressive Muscle Relaxation

Take a deep breath, and slowly tense the muscles in your feet, holding for a few seconds, then exhale and release the tension. Slowly move up your body, tensing and relaxing each muscle group from your legs to your neck and shoulders, relaxing further with each release.



Breath Awareness Exercise

Sit somewhere comfortably and take in two sharp breaths through your nose. Hold the air in your lungs, and exhale when it feels comfortable to you, paying attention to your body and the need for breath.



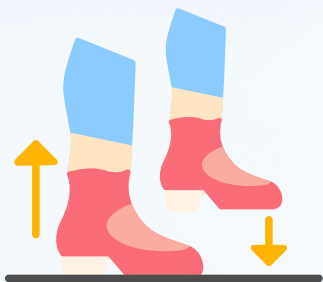
Acupressure

Open your hand with your palm facing up, feeling the webbing between your thumb and index finger. Gently pinch and rub the area for about one minute, before moving to your other hand.



Stomp & Shake

To release built-up tension, begin by shaking your head side to side. Continue to work through your body, shaking out your arms, hips, legs and feet. Then, stomp your feet firmly, releasing this tension into the ground. Repeat as many times as needed.



Touch Therapy

Cross your arms over your chest, place your hands on your shoulders, and tap each shoulder rhythmically, alternating for a few minutes. Close your eyes and focus on your breath, allowing yourself to notice the feelings in your body.



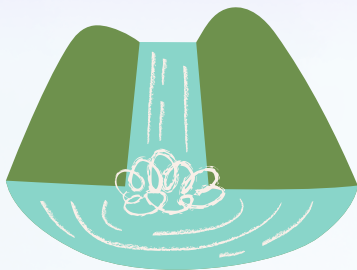
Carry a Grounding Object

Choose an object that is meaningful or comforting to you. This can be anything you want, like a crystal or keys. Carry it with you and use it as an anchor whenever you feel overwhelmed, taking time to feel it and notice its characteristics.



Water & Temperature

Place your hand under a faucet, first running cold water. Then change to warm water, alternating between the two and paying attention to how your body responds to the different temperatures.



Heel Drops

Stand with your feet shoulder-width apart, holding onto the wall or furniture if you need to balance. Lift your heels and bounce your feet up and down, without letting your heels touch the floor. Focus on the rhythm of your bounces and sensations in your body.



Ecstatic Dance

Find a place where you can move freely and put on music that uplifts you. Let go of any expectations, allowing yourself to move naturally, following the rhythm without inhibiting yourself.

