

Somatic Body Work

Containment

Put one hand on your head, and the other over your heart. Sit this way until you feel some sort of body or state shift.

Move your hand from your head to your tummy. Sit this way until you feel a body or state shift.

Tapping

Butterfly Hug

Movement

Anxiety demands movement. If you're feeling anxious, going for a walk, or even walking around the room is a good idea.

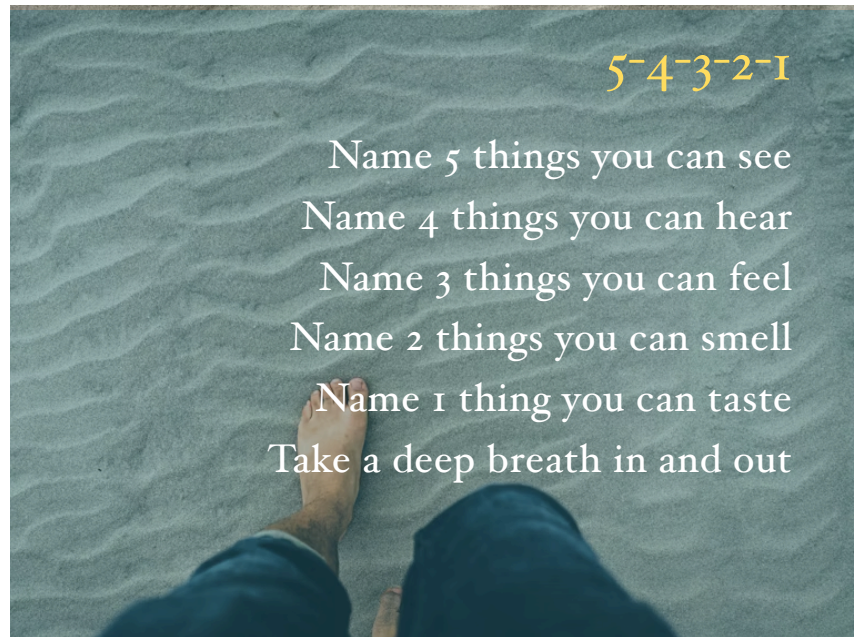
Connection

Imagine or remember a place or person that you felt safe with.

You can imagine that person, or keep a picture of a child, partner, friend, place or pet to help you to remember that feeling and sense of safety.

Smell

Smells are particularly good at reducing anxiety. Carry with you an oil, perfume or other scented item. You can pull this out at any time to ground yourself.



Grounding

Bringing awareness to the body.

Notice the parts of your body that make contact with the chair. Push your body deeper into the chair so you can feel it holding your weight.

Bring awareness to your feet touching the floor.

Slowly press your feet into the floor. Bring awareness to how it feels to engage your leg muscles.

Disengage the leg muscles. Bring your awareness to how it feels to relax them. Repeat the sequence, noticing how the changes in your body and muscles feel.

Box Breathing

Slowly exhale through your mouth until you have emptied all your breath from your lungs.

Inhale to a count of 4, be aware of your lungs expanding.

Hold your breath to the count of 4.

Exhale through your mouth to the count of 4.

Hold your breath to the count of 4.

Repeat as necessary.