

Three Body-Based Practices to Support Emotional Attunement

1. Grounding Through the Body

Adapted from Mischke-Reeds, M. (2018). *Somatic Psychotherapy Toolbox: 125 Worksheets and Exercises to Treat Trauma & Stress*, Tool #3.

Use this practice when you're feeling disconnected, agitated, or emotionally flat. It helps anchor you back into your body.

Steps:

- Check in: Are you tired, irritated, or shut down?
- Acknowledge what's present. Say: "It's okay. I'm coming back to my body."
- Sit or lie comfortably. Place your hand on a tense area. Breathe slowly.
- Press your feet gently into the floor. Imagine rooting into the ground.
- Stay with the sensations. Notice what shifts.

2. Dual Awareness Practice

Adapted from Mischke-Reeds, M. (2018). *Somatic Psychotherapy Toolbox*, Tool #116.

Use this when feeling overwhelmed or flooded. It helps you stay in the present by balancing internal and external awareness.

Steps:

- Tune into a body sensation (tight chest, tension, etc).
- Pick an external anchor (chair, wall, sound, breeze).
- Gently shift between the internal and external focus.
- Practice holding both at once. This builds capacity.

3. Compassionate Self-Touch

Adapted from Mischke-Reeds, M. (2018). *Somatic Psychotherapy Toolbox*, Tool #101.

Use this when you need emotional reassurance or grounding. Gentle, non-sexual self-touch can restore a sense of safety.

Steps:

- Place a hand on your chest, shoulder, or cheek.
- Breathe slowly and say internally: "I'm here."
- Experiment with light pressure or stillness.
- Notice the effects. Stay with what feels supportive.



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