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Healing Through the Body

A Somatic Self-Regulation Guide

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Reconnect · Restore · Return to Yourself

Welcome



This gentle mini-workbook is designed to help you reconnect with your body, understand your nervous system, and create small moments of safety within your day. Healing is not linear, and you do not have to push yourself through any part of this.

Everything here is optional, and you are invited to move at your own pace.

Trauma-Informed Safety Note

- If any exercise brings up discomfort, please pause or skip it.
- You are welcome to come back later, or choose another exercise that feels safer.
- These tools support healing but are not a replacement for therapy.
- If anything feels overwhelming, reach out to a licensed provider or someone you trust.

Your body has wisdom. This guide simply helps you reconnect with it.



What Is Somatic Healing?

Somatic healing is the practice of reconnecting with the body as a pathway to emotional and psychological wellbeing. Rather than focusing only on thoughts, somatic work includes:

- Sensations
- Breath
- Movement
- Felt experiences
- Nervous system patterns

Trauma and stress are not just “in your mind.” They live in the nervous system, in muscle tension, breath patterns, posture, and unconscious reactions. Somatic tools help gently bring awareness to these patterns so the body can shift out of survival mode.

Key idea:

Your body's responses are not wrong, they are learned patterns of protection.

How Trauma Lives in the Body



When the body senses danger, real or remembered, it shifts into automatic survival responses:

Fight

Irritability, anger, tension, the sense of needing to defend.

Flight

Anxiety, restlessness, overworking, difficulty settling.

Freeze

Numbness, disconnection, shutdown, feeling stuck.

These responses happen before conscious thought. They are the body's attempt to keep you safe.

Over time, if the nervous system stays stuck in these patterns, the body can become overwhelmed and exhausted. This workbook helps you begin noticing your patterns with compassion.

It makes sense that your body responds the way it does.

You survived. Now we learn to soften.

Somatic Awareness Exercises

These practices help you reconnect with your body in small, safe ways.

1. Body Scan (3–5 minutes)



Gently notice physical sensations from head to toe without trying to change anything.

Ask yourself:

- “What do I feel?”
- “Where do I feel it?”
- “Is it warm, cool, tight, open, heavy, buzzing, numb?”

Just noticing is healing.

Somatic Awareness Exercises

These practices help you reconnect with your body in small, safe ways.

2. Felt-Sense Practice



Pause and notice the “feeling tone” of your body in this moment.

- Is there a dominant sensation?
- Does it stay the same or shift as you pay attention?
- Does naming it bring relief?

Guiding statement:

“I allow what I feel to be here without forcing it to change.”

Somatic Awareness Exercises

These practices help you reconnect with your body in small, safe ways.

3. Orientation Exercise



Look around the room and allow your eyes to land on:

- 5 things you see
- 3 things you hear
- 1 thing you feel

Let your body register the present moment.

This tells your nervous system:

“Right now, I am safe enough.”

Micro-Practices for Daily Regulation



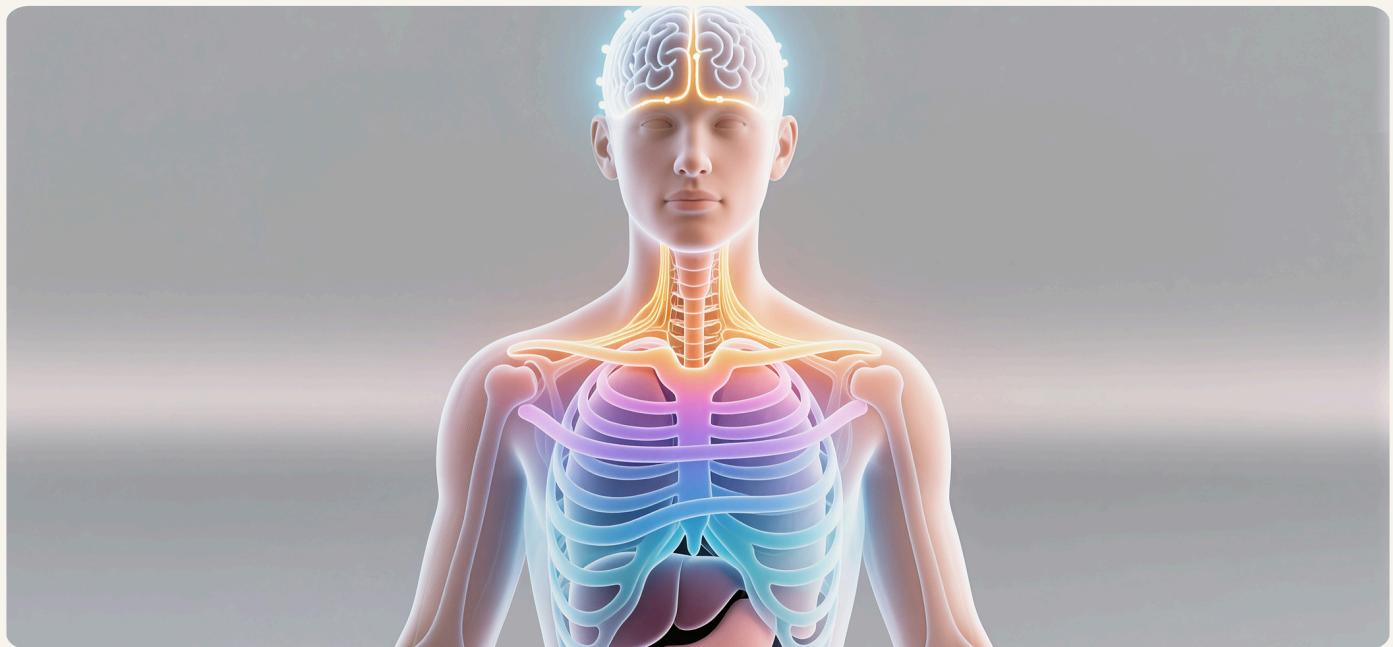
These quick tools can help reset your body throughout the day:

4-2-6 Breath

- Inhale for 4
- Hold for 2
- Exhale for 6
- Repeat 5 times.

The long exhale signals safety to the vagus nerve.

Vagal Toning



Choose one:

- **Humming**
- **Singing**
- **Long sighs**
- **Gentle “mmm” sound**

These activate the body's relaxation pathways.

Butterfly Tapping



- Cross arms over your chest and gently tap alternately on each shoulder.
- Pace slowly.
- Breathe.

Hand-to-Heart



- Place one hand on your heart and one on your belly.
- Slowly breathe into your lower hand.
- Exhale through the mouth.

Gentle Journal Prompts



Use these only if they feel supportive.

You may write, type, or simply reflect.

- What signals does my body give me when I'm overwhelmed?
- What sensation is present in my body right now?
- What emotions have I been holding in my body?
- What is one thing my body is asking for today?
- Where do I feel grounded or calm, even if it's small?

There are no right or wrong answers, only awareness.

Closing + Next Steps



Thank you for taking time to reconnect with your body.

Healing happens in small, compassionate moments of awareness. You do not need to push or force anything. Simply noticing your body with kindness begins to shift long-held patterns.



If you would like deeper support, somatic therapy can help you:

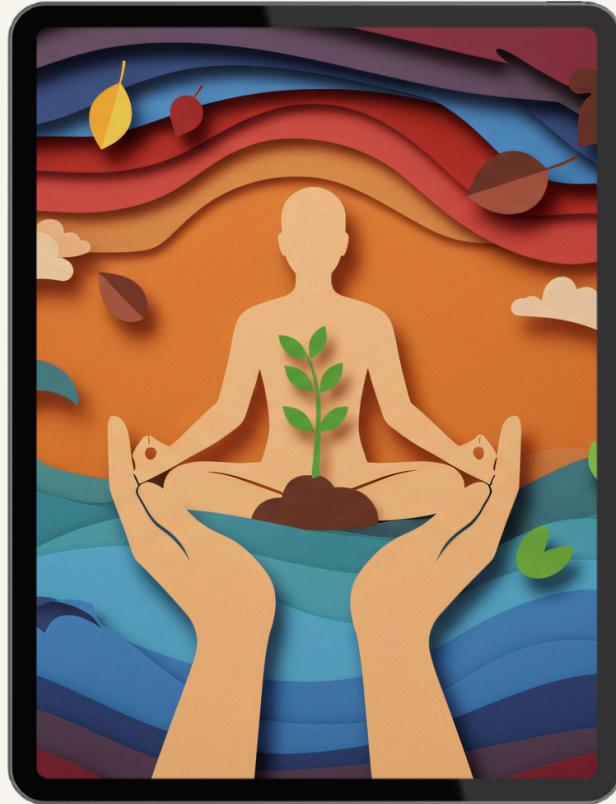
- Release old survival patterns
- Build resilience
- Regulate your nervous system
- Reconnect with your inner strength and intuition
- Feel more grounded and present in daily life

You Deserve Safety, Support, and Healing.
I'm here when you're ready.



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RECONNECT WITH YOURSELF



Let serenity flow through your body when
you are ready.

