

*This guide offers exercises that are designed to help support your processing and release of emotional pain, and distress. Somatic therapy focuses on the connection between the body & mind, allowing for healing to happen on a deeper level.*

# Somatic Guide

- Find a quiet, comfortable space to prevent disruption.
- We recommend wearing loose-fitted clothing that allows for movement and comfortability.
- Listen to your body. If an exercise feels troubling or uncomfortable, take a break or stop.
- It's completely normal to experience a range of emotions during these exercises. Please be compassionate and gentle with yourself.
- To engage further, after each exercise, take a moment to journal.



# Somatic Guide



**BODY SCAN**

(5 minutes)



**SHAKE-OUT  
RELEASE**

(5 minutes)



**PROGRESSIVE  
MUSCLE  
RELAXATION**

(5 minutes)



**RHYTHMIC  
BREATHWORK**

(5 minutes)



**CHAIR YOGA**

(10 minutes)



**CHILD'S POSE**

(5 minutes)



**SELF-HUG**

(2 minutes)



**FINGER  
BREATHING**

(2 minutes)



**VISUALIZATION**

(5 minutes)



**JOURNALING  
RELEASE**

(5 minutes)