**Somatic Experiencing Practices, Part 1:**

*Transforming Your Relationship with Your Body*

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**Positive Body Sensations:** Notice and cultivate a sense of grounding and goodness in the body and nervous system. Be aware of, and nurture the body as it experiences sensations, and when it’s challenging, offer soothing. Keep lingering longer on pleasant bodily sensations whenever possible.

Keep coming up with creative ways to **evoke pleasant sensory experiences** – incense or other good-smelling things. Pick flowers and put in a vase. Get the Insight Timer app and listen to guided meditations to help relax or sleep especially those that affirm safety, “I am safe right now,” Get a soothing playlist to listen to. Get massages if it’s not triggering to you. Swim or take a shower or bath. Dance in a languid, self-guided way. Rock yourself gently.

1. **Orienting**
2. Using your **peripheral vision**
3. Being outside in nature or bringing **elements of nature** to yourself
4. **Voooo sound**
5. **Self-hug**: one hand *under* opposite armpit, other hand *on top of* opposite upper arm.
6. One hand on forehead and one **hand on heart**. Wait… then one hand on heart and one hand on belly.
7. **Butterfly hands** – arms criss-crossed over chest; light, rhythmic slapping of hands on arms, alternating. You want it to feel soothing and grounding.
8. Let yourself do little spasms or **shaking or dance and move or stretch as you get impulses** throughout your day. Rub your hands on your legs, stroke your arms, etc.
9. Likewise, go ahead and **rest when you feel that sense of collapse** – do **Yoga Nidra**, or just go ahead and lay down and just let your body process for as long as it takes. Restorative Yoga on Youtube can be a good idea.
10. **Social engagement** (call up a friend to chat, for instance or send me a text) especially if you have a tendency to isolate when triggered. Go to the store.
11. **“Ha” Breaths:** stand with feet planted hip-width apart. You might stomp your feet one at a time to get firmly grounded like a sumo wrestler. Knees a little bent. Make light fists and swing your arms behind you saying a ferocious, “Ha!” and releasing fists at the end. You might pause between each time you do it… not too fast.
12. **Hold arms up** and out like you are calling everyone’s attention and walk around the room with slow firm steps. Stop and look at a picture or chair or plant and say an affirmation like, “Here I am! I am here!” or “This is my body. This is my space.” or “Noone gets to come into my space without my permission.” “I take up as much space as I want.” Do for at least 2 minutes, taking your time.

**Change Your Response, when Challenged or Triggered:** d**o not allow yourself to stay in a triggering situation**, remove yourself. Start noticing the energy signature that arises prior to you being activated so you can do something about it sooner. Make powerful choices so your body can begin to trust you to keep it safe.

*The good and positive is always there; every possibility is always there. It’s just a matter of tuning your antennae to a different frequency to find goodness and to just give it some time to gather and fill you up with wholeness, harmony and love.*