

Somatic Exercises

To Calm your Body and Mind

Somatic exercises are highly effective in addressing mental health symptoms by helping individuals reconnect with their bodies and process stress physically. These exercises, which focus on body awareness and movement, can reduce anxiety, depression, and trauma responses by promoting relaxation, emotional regulation, and grounding in the present moment.

Five Senses Check-In

Focus on one thing you can see, hear, smell, touch, and taste to ground yourself in the present moment.

Clenching and Releasing

Clench your fists or other muscle groups tightly for 5-10 seconds, then release fully.

Progressive Muscle Relaxation

Tense each muscle group in your body (feet, legs, stomach, etc.) for 5 seconds, then release.

Humming/Vocalization

Hum softly, focusing on the vibration in your chest and throat. You can also chant a calming sound like "Om."

Cold Water Splashing

Splash cold water on your face or hold your wrists under cold running water for 10-20 seconds.

Dancing

Put on your favorite song and allow your body to move freely to the rhythm without overthinking.

Stretching

Slowly stretch your arms overhead, roll your shoulders, or bend down to touch your toes, holding each movement for 10 seconds.

Self-Massage

Gently massage areas of tension, such as your shoulders, neck, or hands, using slow, firm pressure.

For more information, please visit: www.ifeelcounselingservices.com

