



Somatic and Self-Regulation Techniques

Here are some good techniques for grounding you and bringing you into the present moment. These are good when you are feeling anxious or lost in your own thoughts. There'll be loads of stuff on the internet and u-tube that goes into each technique in more detail or even demonstrates it for you or talks you through it. Try them out and see what works for you. These exercises are designed to bring you out of your head and calm your nervous system down.

1. Breathwork

Breathing techniques help regulate the nervous system, reduce stress, and improve focus.

- Box Breathing (4-4-4-4) – Inhale 4 while drawing an imaginary line up, hold for 4 while drawing an imaginary line across, exhale 4 while drawing an imaginary line down and then hold for 4 while drawing an imaginary line across.
- 4-7-8 Breathing (Inhale 4, Hold 7, Exhale 8)
- Diaphragmatic (Belly) Breathing

2. Grounding Techniques

Grounding techniques help you stay present and connected to the here and now.

- 5-4-3-2-1 Senses Exercise

5 things you can see
4 things you can feel or touch
3 things you can hear
2 things you can smell
1 thing you can taste

- Mindful Walking
- Touch/Texture Awareness – hold something in your hand to bring your senses into the now
- Sit on a chair and hold your feet firmly on the ground and feel the connection between you and the earth.

3. Progressive Muscle Relaxation

This involves tensing and relaxing different muscle groups to release tension.

- Tense and release each major muscle group from head to toe

4. Somatic Techniques

Somatic techniques involve noticing bodily sensations and using them to regulate emotions.

- Body scan: notice areas of tension and relaxation

5. Pendulation

Pendulation involves gently moving between areas of tension and areas of comfort.

- Shift attention between areas of discomfort and areas of ease

6. Titration

Titration is the practice of approaching difficult sensations or emotions in small, manageable doses.

- Notice small sensations and allow them to be present without overwhelm

7. Pete Levine's Somatic Experiencing Model

A trauma healing model focusing on tracking sensations, discharging energy, and resourcing.

- Track physical sensations related to emotions
- Practice resourcing: identifying safe, calm sensations
- Gently allow discharge of tension

8. Bilateral Stimulation

Bilateral stimulation can include eye movements, tapping, or auditory cues to help integrate sensations.

- Alternate tapping hands or knees
- Listen to bilateral audio tracks

9. Overall Reflection

Reflect on which techniques felt most effective and how you could integrate them into daily life: