

Sense

Notice what's arising in you.

Body: Heavy, light, scattered? Posture? Stiffness or pain? Speed of things inside you?

Breathing: What does your breathing feel like? Short, shallow, fast, irregular, holding, grasping?

Mental: What emotions and thoughts are here?

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Acknowledge

Greet what you find with curiosity and compassion.

~ Say "hello", "I feel/hear you", "I notice you're back".

~ Practice allowing these things to be here & staying curious.

Tend to
yourself with
S.A.S.S.



JOY
SOMATICS



Soothe

Offer your body reassurance & sense of safety.

~ Rock & Sway

~ Comforting touch

~ Affirmations

~ Use your senses



Shift your State

What can you do to shift this state?

~ When activated, discharge excess energy

~ When in shutdown, gently mobilize



Self Check-in

Take a moment to notice what's shifted.

~ Are the sensations quieter?

~ Did your thoughts shift?

~ How does your body feel now?

~ What was helpful?