
SOMATIC TOOLS for Stress Management

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“Sometimes the most productive thing you can do is relax.” - Mark Black



TODAY WE WILL PRACTICE:

1. HA BREATH
 2. BODY BRUSHING
 3. HUMMING WITH EYE CUPPING
 4. PROGRESSIVE MUSCLE RELAXATION
 5. LEGS UP THE WALL
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1. HA BREATH



1. HA BREATH

This breath is useful for calming the nervous system and releasing tension.

- Inhale slowly through nose.
- Open the mouth and exhale.
- As you exhale, make the sound "ha" for as long as possible
- Repeat 3-5 times.

2. BODY BRUSHING





2. BODY BRUSHING

This exercise is both soothing and energizing for many people. Explore it to see what its' impact is on you.

- Rub hands together vigorously.
- Brush down left side of the body, starting at the top left.
- Brush down right side of the body, starting at the top right.
- Brush down both sides of the body.
- End with hands on body.

3. HUMMING WITH EYE CUPPING





3. HUMMING WITH EYE CUPS

This exercise can be done seated, standing or lying down and can be a powerful and quick reset for the nervous system.

- Rub hands together until you feel heat.
- Cup hands over eyes, either touching eyes or a little bit away from the eyes.
- After a few deep breaths, begin to hum continuously.
- Stop humming & slowly remove your hands from your eyes.

A man is lying on his back on a lush green lawn filled with numerous small white daisies and a few yellow dandelions. He is wearing a bright green short-sleeved shirt, blue jeans, and dark sneakers with white laces. His arms are extended straight out to the sides, and his legs are slightly apart. His head is tilted back, and his eyes are closed, suggesting a state of relaxation or meditation. The scene is brightly lit, indicating it is daytime.

4. PROGRESSIVE MUSCLE RELAXATION



4. Progressive Muscle Relaxation

Working down to up or up to down, progressively tense and release various muscle groups.

- Tense the feet, now let go.
- Tense the legs, now let go.
- Tense the pelvis, belly. Let go.
- Tense the shoulders. Let go.
- Tense arms and fists. Let go.
- Tense face and mouth. Let go.
- Take 3 “Haahh” breaths

5. LEGS UP THE WALL (or chair)





5. LEGS UP WALL

A wonderful somatic practice to do in the middle of your day, before you go to bed, or whenever you feel stressed. VARIATION: Use a chair instead of a wall.

- Lie down on the floor, a few inches from a wall.
- Place legs up the wall (or on a chair) in whatever way feels comfortable.
- Let palms be soft. Imagine receiving nourishment and peace with every breath.



**“Almost everything will work
again if you unplug it for a few
minutes, including you.” -Ann
Lamott**