



Somatic Processing Exercise

This somatic processing exercise is a great way to relax, unwind and clear your head. Start by lying down or sitting up in a comfortable position with your eyes closed. Begin taking slow, deep breaths and let your body sink into the surface you are on. Focus on the physical sensations of your body and be aware of how it feels to simply “be” in this moment. As you continue to breathe, imagine sending a wave of relaxation through your body from head to toe. Allow any tension or stress that is present in your body to soften and melt away.

Continue this breathing pattern while slowly moving through your body, noticing and releasing any areas of tension. Spend some time focusing on each part of your body starting with the crown of your head moving down to your feet. Feel the weight of your head. Move down to your neck and shoulders, releasing any tightness that may be present. Continue through your arms and hands, allowing them to relax as you focus on how they feel in this moment. Take note of anything that stands out - any soreness, tension, or tightness in particular areas? As you move through different parts of your body, focus on the sensation of that specific area and gently breathe through it. Work your way slowly through each part of your body until you’ve reached your feet.

Once you’ve made it to the end, spend a few more moments focusing on your breath and slowly bringing yourself back into a conscious state of awareness. You can take this time to reflect on how your body is feeling or simply enjoy the moment of peace. When you’re ready, open your eyes, stretch, and go about your day. Enjoy the feeling of relaxation that this exercise can bring!