



A GENTLE GUIDE FOR OVERWHELMING MOMENTS

10 Gentle Somatic Tools

to calm your nervous system

Simple, supportive practices to help you feel grounded,
regulated, and more at home in your body.

Contents



01	Meet your guide	04
02	About somatic trauma-informed healing	05
03	5-4-3-2-1 Grounding Technique	06
04	Havening Technique	08
05	Orienting	09
06	Shake It Out	10
07	Box Breathing	12
08	Cold Water Splash or Ice Cube	14
09	Grounding Object + Legs Up the Wall	15
10	Somatic Sigh + Self-Holding	16



BEGIN HERE

A softer way back *to yourself.*

These practices are invitations, not expectations. Move slowly. Choose what feels supportive. Return whenever you need.

Hello, I'm Lola Faye.



I'm Lola Faye - a certified wellness, addictions, and life coach.

My healing began in my mid-30s after surviving childhood sexual abuse, toxic relationships, and the heartbreaking loss of my infant son.

Today, I help women heal through somatic, trauma-informed practices that reconnect them to their bodies and their peace.

Lola Faye

Healing can begin with one small moment of safety.

About Somatic Trauma-Informed Healing

BODY + NERVOUS SYSTEM

Somatic trauma-informed healing is a body-based approach to recovery that honors the profound wisdom of the nervous system. Unlike traditional talk therapy that focuses on cognitive processing, somatic healing recognizes that trauma is stored in the body - not just the mind.

When we experience trauma, our nervous system shifts into survival mode - fight, flight, freeze, or fawn. These responses are deeply ingrained, instinctual reactions that keep us safe in moments of danger. However, when trauma remains unresolved, these patterns can persist long after the threat has passed.

Somatic healing helps you reconnect to your body in a safe and compassionate way. It may involve breathwork, grounding, gentle movement, self-touch, or mindful awareness. The goal is not to revisit the trauma, but to safely discharge the stored energy and restore your body's sense of safety.

This trauma-informed approach acknowledges that healing is nonlinear and deeply personal. It invites you to move at your own pace, listen to your body's cues, and develop tools that regulate your nervous system and nurture your resilience.

*Somatic tools are not about fixing you -
they're about coming home to yourself.*

5-4-3-2-1 Grounding

Use your senses to reconnect to the present moment.

5

things you can see

4

things you can touch

3

things you can hear

2

things you can smell

1

thing you can taste

USE THIS WHEN YOU'RE SPIRALING OR DISSOCIATING

Journaling Reflection

How did your body feel? Where did you notice tension, aches, chills, calmness? Write down your thoughts and feelings before and after the exercise.

BEFORE

A vertical rectangular box with rounded corners, containing ten horizontal lines for writing.

AFTER

A vertical rectangular box with rounded corners, containing ten horizontal lines for writing.

Notice. Name. Breathe. No judgment required.

Havening Technique

Havening is a psychosensory technique that uses soothing touch to help reduce distress and calm the nervous system. By gently stroking the arms or face in a rhythmic way, it supports emotional regulation and signals safety to the brain. It can be done anytime you feel overwhelmed, anxious, or disconnected from your body.

- 1 Find a quiet space where you can sit or stand comfortably.
- 2 Begin to gently rub your arms from shoulder to elbows.
- 3 Use slow, rhythmic motions with your palms.
- 4 Breathe in slowly through your nose.
- 5 Repeat motion and breath for 1-2 minutes.
- 6 Say a calming phrase: "I am safe" or "I am ok."

Continue until you feel a softening or shift in your body.

Orienting

Slowly look around the room. Let your eyes land on a few comforting objects. Say to yourself: "I am here. I am safe."

01

Recognize

It helps the nervous system recognize present safety by visually scanning your environment.

02

Shift

Orienting can shift your state from freeze or hypervigilance into calm alertness.

03

Notice

It is most effective when done slowly and with mindful attention to color, light, or comforting shapes around you.

Shake It Out!

Shaking is a natural and effective way for the body to release stored tension and stress. Animals instinctively shake off trauma - humans can too. This somatic practice helps discharge excess adrenaline, calm the nervous system, and bring you back to a more grounded state.

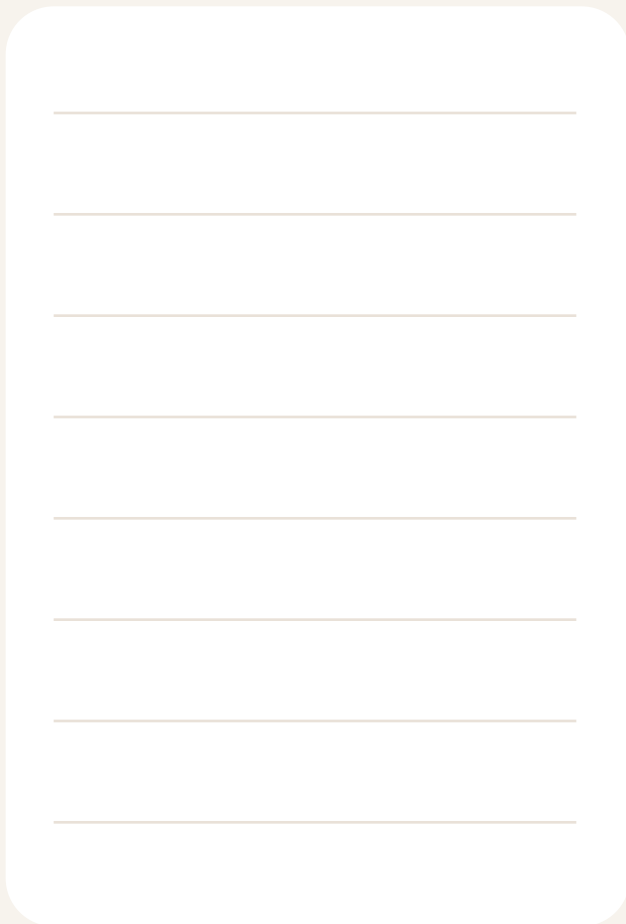
- 01 Stand with your feet hip-width apart and knees soft.
- 02 Begin gently bouncing or shaking your arms and hands.
- 03 Let the movement travel into your shoulders, torso, and legs.
- 04 Keep your breath steady and relaxed.
- 05 Add a vocal sigh or exhale if it feels right.
- 06 Shake for 30 seconds to 2 minutes.

Finish with a hand on your heart or belly. Notice what changed.

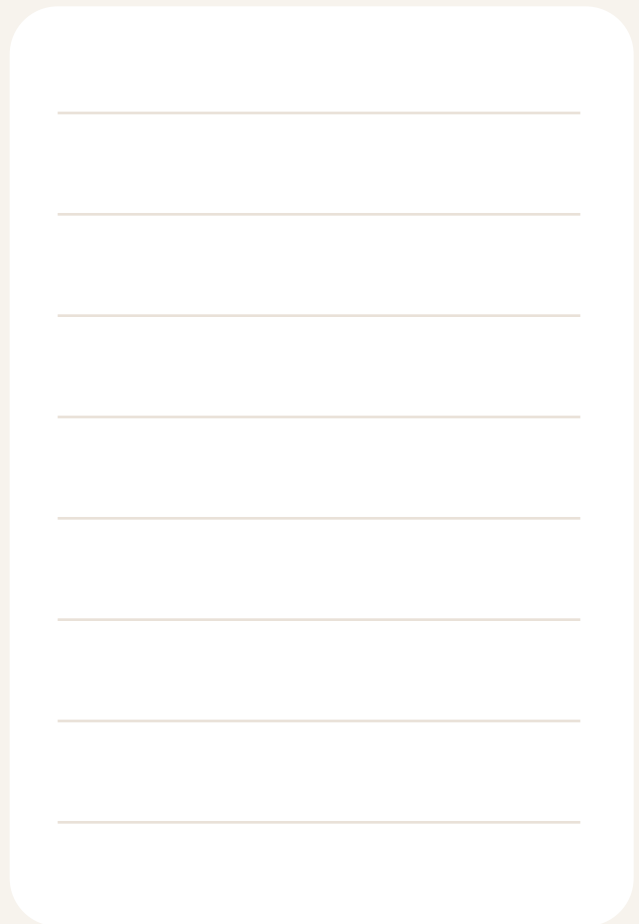
Before / After

How did your body feel? Where did you notice tension, aches, chills, calmness? Write down your thoughts and feelings before and after the exercise.

BEFORE

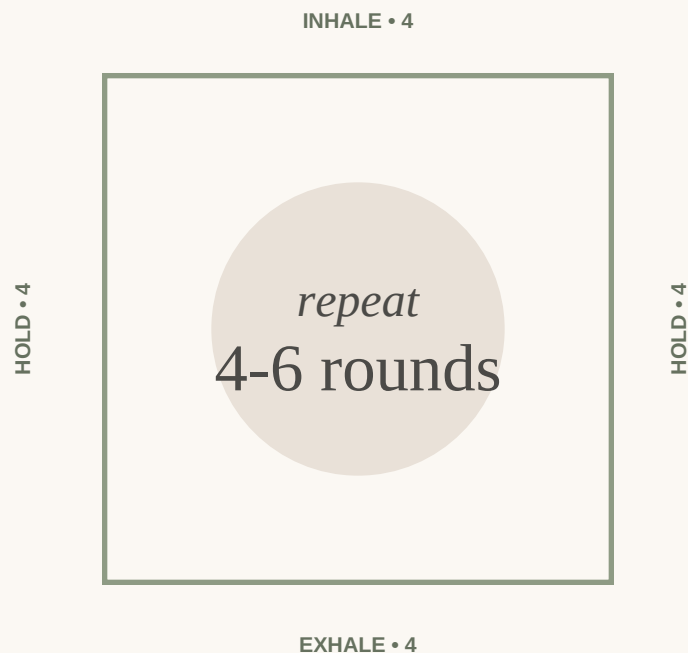
A white rounded rectangular box with 10 horizontal lines for writing.

AFTER

A white rounded rectangular box with 10 horizontal lines for writing.

Box Breathing

Box breathing is a simple and powerful breathwork technique that calms the nervous system and reduces anxiety. By breathing in a steady rhythm - inhale, hold, exhale, hold - it signals to your body that you are safe. This practice promotes clarity, balance, and presence, especially in moments of overwhelm.



Just breathe.



Every moment is
an opportunity
to change your
perspective.

Return to the present. Begin again.

Cold Water Splash or Ice Cube

ABOUT COLD EXPOSURE + THE VAGUS NERVE

Cold water stimulation activates the vagus nerve, which plays a key role in calming the nervous system. When you splash your face with cold water or hold an ice cube, it sends a signal to your brain that it's safe to relax. This technique can quickly reduce symptoms of anxiety, dissociation, or panic, helping you return to the present moment.

Try It Out

Splash your face with cold water or hold an ice cube for 30 seconds. This resets your vagus nerve and brings you back to now.



A brief sensory shift can help bring your attention back to now.

Grounding Object

Hold a smooth stone, crystal, or textured item. Focus on its feel, shape, and temperature. Let it anchor you.

Grounding objects are small, tangible items that help you stay connected to the present moment. Their texture, weight, and temperature provide sensory feedback that can soothe and regulate the nervous system. Holding something like a stone, crystal, or textured item gives your hands - and mind - something to focus on when you're feeling overwhelmed.

Legs Up the Wall

Lie down with your legs up a wall or couch. Breathe deeply and allow your body to reset for 3-10 minutes.

*Today is the beginning
of the rest of your life.*

Somatic Sigh

Take a deep breath in through your nose, and sigh it out loudly through your mouth. Repeat a few times. Let your body move if it needs to.

Self-Holding

Wrap your arms around yourself or place one hand on your heart and one on your belly. Say: "I've got you. I'm safe now."



Healing is a journey, not a destination.

A NOTE FOR YOU

Thank you.



Thank you for taking the time to explore these somatic tools.

Your willingness to slow down, tune into your body, and care for your nervous system is a beautiful and powerful act of healing.

I created this guide to be a soft landing place for you - a reminder that you're not alone, and that support is always within reach.

May you return to these practices often, and may they meet you with gentleness, strength, and safety.

Stay connected

I'm so excited to continue working with you.

Please reach out to learn more.

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