

SOMATIC STRESS RELIEF TOOLKIT

Feeling stuck in a loop of stress, anxiety, or even physical symptoms? This simple checklist gives you step-by-step body based practices to reset your nervous system, feel at home in your body, and create more relief from within.

Click on the title where you'll find a link to one of my videos where I'll personally guide you through the practice — so you don't have to do it alone.



BREATHWORK:

Taking a deep breath and extending your exhale—like inhaling for 4 counts, exhaling for 8—signals safety to your nervous system.



GROUNDING:

Noticing your feet on the floor, your body supported, brings you back into your body and into the present moment instead of spinning in anxiety.



SOMATIC RELEASE:

Asking the body: How does this energy want to move? Everyone needs something different, but what I've found is: shaking, dancing to move the energy through your body works well for anxiety



SOUND:

Using your own voice is one of the simplest ways to calm your nervous system. Vibrations created through humming, chanting, or toning send a signal of safety to the body, slow the breath, and help release stored tension.

HOW TO USE THIS TOOLKIT

You don't have to do it all at once. Start by choosing one practice that resonates with you most right now — maybe the one that feels the easiest or the one your body is asking for. Practice it daily, even just for a few minutes, and notice how your body responds.

Then, when you feel ready, move on to the next practice. You can also rotate through them, focusing on one new tool each week to build your own library of somatic resets.

Remember, this isn't about perfection, it's about giving your nervous system consistent moments of safety and calm. Each small reset builds on the last, creating more relief and resilience over time.

And don't forget: after each step, click the title for a link to my video where I'll personally guide you through the practice, so you'll never have to do it alone.

✨ Want more personalized support? Book a free 15-minute Reset & Relief Call with me to explore your goals and challenges and map out a plan to calm anxiety and stress, so you can take back control of your life and feel like yourself again.

👉 <https://calendly.com/resetandrelief/discovery-call>

