

SOMATIC SUPPORTS FOR MENTAL HEALTH

Exploring our physical body's ability to heal from trauma and stress while increasing mental wellbeing through somatic exercises and tools.



MICRO LEARNING

TAKE 30 MINUTES TO WATCH THESE TWO SHORT VIDEOS ON SOMATIC MODALITIES



SOMATIC EXPERIENCING

Healing the nervous system through Somatic Experiencing.



SOMATIC PRACTICE

10 Minute Somatic Practice to Reduce and Release Anxiety and Stress

REFLECTION QUESTIONS

- How can somatic techniques be more approachable in supporting our communities mental health?
- What are some somatic tools that you might already be using in your life?
- How can you integrate new somatic tools to enhance your self-care and wellbeing?

SOMATIC TOOLS FOR SELF-CARE ACTIVITY: AFFIRMATIONS

- Take some time to research somatic tools. Identify 2-3 that you want to try.
- From the tools you tried, identify ways that you can integrate the ones that resonated with you in your daily routines.
- Track how you feel before and after using the tools to explore their impact on your wellbeing.