

# MIND & BODY CONNECTION

## Stress, the Mind & the Body

Our brains communicate to our bodies to detect safety and signal a threat around us. Stress lives in our bodies. It can impact our heart rate, causing indigestion and headaches, disrupting our sleep, and increasing the risk for depression and anxiety. Stress is unavoidable and not always something that we can control.

The good thing is, there are techniques to help us manage our stress. Our bodies are a source of strength. We can use it to help bring calm and relaxation to improve our mental health. It can be called somatic resourcing.

## What is somatic resourcing?

Somatic resourcing is about using body sensations to feel calm and grounded. It helps manage stress by focusing on physical feelings. It involves simple practices, like deep breathing or gentle movements, to help calm your mind and relax your body.

## Somatic Resources

**Breathing:** Inhale to the count of five, exhale to the count of ten, focusing on slow, intentional breaths.

**Body Scan:** Inhale to the count of five, exhale to the count of ten, focusing on slow, intentional breaths.

**Grounding:** Focus on your feet, feeling them firmly planted on the ground, anchoring yourself in the present moment.

**Lengthen the spine:** Straighten your posture, lengthening your spine, and relaxing your shoulders.

**Move:** Engage in a movement that brings you relief or joy, such as walking, dancing, swimming, and many more.

**Orient to your surroundings:** Look around slowly, taking in colors and shapes, and focus on something pleasant or comforting.

**Self-touch:** Place your hand over your heart or another comforting area, providing a sense of reassurance and connection.

**Smile:** Smile softly, even if just with your eyes, to activate positive emotions

**Defensive action:** Punch the air around you, releasing pent-up energy.



# WINDOW OF TOLERANCE

The window of tolerance is when we feel calm and in control. The goal is to feel in the "Just Right" space. But sometimes when we are "triggered" or feeling big emotions, we might feel dysregulated.

