

Printable Somatic Healing Cards



**Ways to Practice
Being More
"In Your Body"**

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**Name What
You're Feeling**

When X happens, I feel
(frustrated, hurt, angry,
scared, anxious)

When I am around this
person, I feel (tense,
irritable, light, relieved)

name it to tame it

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**Discharge Your
Sensations**

Feeling frustrated or angry?
Try going for a brisk walk

Anxious or on edge? Maybe
some mindful organizing or
cleaning (non urgently)

Sad or grieving? Allow yourself
to curl up with a blanket and
watch your favorite show

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Connect With Others

Connection is a biological need.
When we can connect with safe
and supportive friends, family
and community, we engage
the social branch of our
parasympathetic nervous
system that keeps us regulated

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Ground

Come into the present moment by practicing being in the “here and now” Notice the ground beneath you, draw awareness to your body, your breath, your chair, your feet. Engage your 5 senses by looking around you and noticing what you notice.

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Self-Care

Rest, hydrate, eat nourishing foods, get sunlight, move your body, limit your consumption to screens, media, news, or anything overstimulating. Treat your body with care. Speak to yourself kindly. Check in with your feelings, your thoughts, your needs, and your impulses.

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