

# Orienting your body

Somatic movement helps to alleviate feelings of anxiety and stress.



This movement practice allows you to pay close attention to your soma (body), your sensations, your position in space, the subtle changes occurring with your digestive system, breathing and heart rate.

## Exercise

Initially, it's good to learn how to orient yourself in your body, I have included examples, so please do notice what comes up for you and jot them down:

- **What does your posture feel like?** are you slumped, rigid, solid, light, heavy or have a flexibility to your stance?
- **What's your natural heart rate?** Quick, slow, regular?
- **Where do you carry tension?** does it present itself as a knot in your stomach, neck/back pain, a headache, a tingling in your fingers or twitching of your eye or something else?
- **What external or internal elements offer a sense of calm?** A favourite jumper, a drink, a place (beach, forest, sofa), or experience with a loved one or pet?
- **What external stimuli often trigger you?** loud sounds, dark at night, social interactions, specific behaviours/words?

Begin asking yourself these questions to increase your somatic, mind- body awareness.

When you're healing from anxiety, trauma or are experiencing emotional triggers, it can be difficult to feel like your body is *supporting* you.

However, an important element in healing and getting stronger is inviting your body to help you, to be a *resource*, so that you begin to work with it rather than against it.

Treat it as your friend, be respectful and offer small incremental changes i.e. noticing tightness in one place, what are you aware of? What do you think of this tightness right now? How are you experiencing this sensation?, What do you know about it? Be curious and know that you are the expert of your own process.

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