

Your Embodied Healing Workbook

JAN 27-29

3-DAY MIND-BODY RESET

Reclaim Your
Power + Peace!



Jill Marie Howell

COACHING



It's not too late!

Enhance Your Growth with the VIP Upgrade!!

[Click here to Upgrade to VIP!](#)

WHAT IS INCLUDED IN THE VIP UPGRADE FOR \$37?

- ➔ BONUS DAY: Thursday, January 30th at 12pm Eastern
Live Hot Seat Coaching Integrating Somatic Parts Work
- ➔ BONUS DAY: Friday, January 31st at 12pm Eastern
Somatic Play + Possibility Workshop plus Q+A
- ➔ 1 Year Recordings of ALL 5 Sessions
totaling over 5 hours worth of coaching
- ➔ 1 Month of Nourish Membership
Includes Mindful Mondays, Weekly Somatic Classes/Workshops,
Online Nervous System Healing Hub, Community, + Discounted
Coaching



3 DAY MIND-BODY RESET EVENT SCHEDULE

MONDAY

27

Reconnect + Regulate
12-1 PM EASTERN

Coaching yourself thru messy emotions

- Welcome + introduction of event
- Nervous system + emotional regulation through somatic self-connection
- Somatic parts work
- Guided practice plus Q+A

TUESDAY

28

Release + Rewire
12-1 PM EASTERN

Releasing + moving what is stuck within

- Mind-body connection + how emotions get stuck
- Somatic stress + trauma release
- Vagus nerve reset
- Guided practice plus Q+A

WEDNESDAY

29

Reclaim
12-1 PM EASTERN

Coaching yourself home to peace + joy

- Use tools to increase more peace, joy, + pleasure
- Take your power back and move from victim to creator, challenger, and coach
- Embodiment
- Guided practice plus Q+A

2 BONUS DAYS for VIP:

THURSDAY
12-1 PM EASTERN

30

Mind-Body Integration + Hot Seat Coaching

- Somatic parts work + release
- Live 1:1 Coaching for those interested in participating
- Q+A

FRIDAY
12-1 PM EASTERN

31

Play + Possibility Somatic Workshop

- Monthly Signature Class in Nourish Membership
- Guided Experiences to Create Safety for your Nervous System to Soften + Open to Possibility



SOMATIC PATHWAY TO PEACE

To learn more about the Nourish Membership...

CLICK HERE

Check out the event promo pricing for this week! It's around 25% off!

Nourish Membership

YOUR TRANSFORMATION PATHWAY TO PEACE

Move from Surviving to Thriving with Nourishing Self-Regulation Practices

RECONNECT

Reconnect with body sensations + attune to your core needs. Increase awareness + self-trust as you nourish your mind, body, + spirit.



REGULATE

Regulate + calm your nervous system using mind-body healing tools. Take steps of action to guide your body + brain back to ease.



RELEASE

Release stored tension, stress, + trauma from your body through gentle movement. Open yourself up to possibility + hope.



REWIRE

Rewire your brain to think + act differently with new neural pathways. Transform response to stress + triggers. Respond from grounded state.



RECLAIM

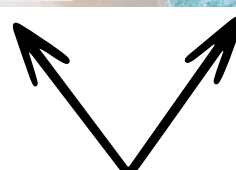
Reclaim + embody peace + joy. Experience ease + flow. Expand capacity for both pain + pleasure. Live empowered!



DAY 1



DAY 2



DAY 3



TRUTH TO REMEMBER



You are not broken! You are not anxious. You are not depressed. You may FEEL these things. They are not you!



You don't have to feel shame or guilt for your human stress response! It is an automatic survival response.



YOU are the key to your healing + wholeness! Your willingness to engage in the mess + nourish your nervous system (mind, body, + spirit!)



You have to feel it to heal it and learn to hold space for both pain + pleasure.



If you feel stuck, it's because you are avoiding, resisting, or denying parts of yourself out of fear of not being able to handle it or it feeling like too much.



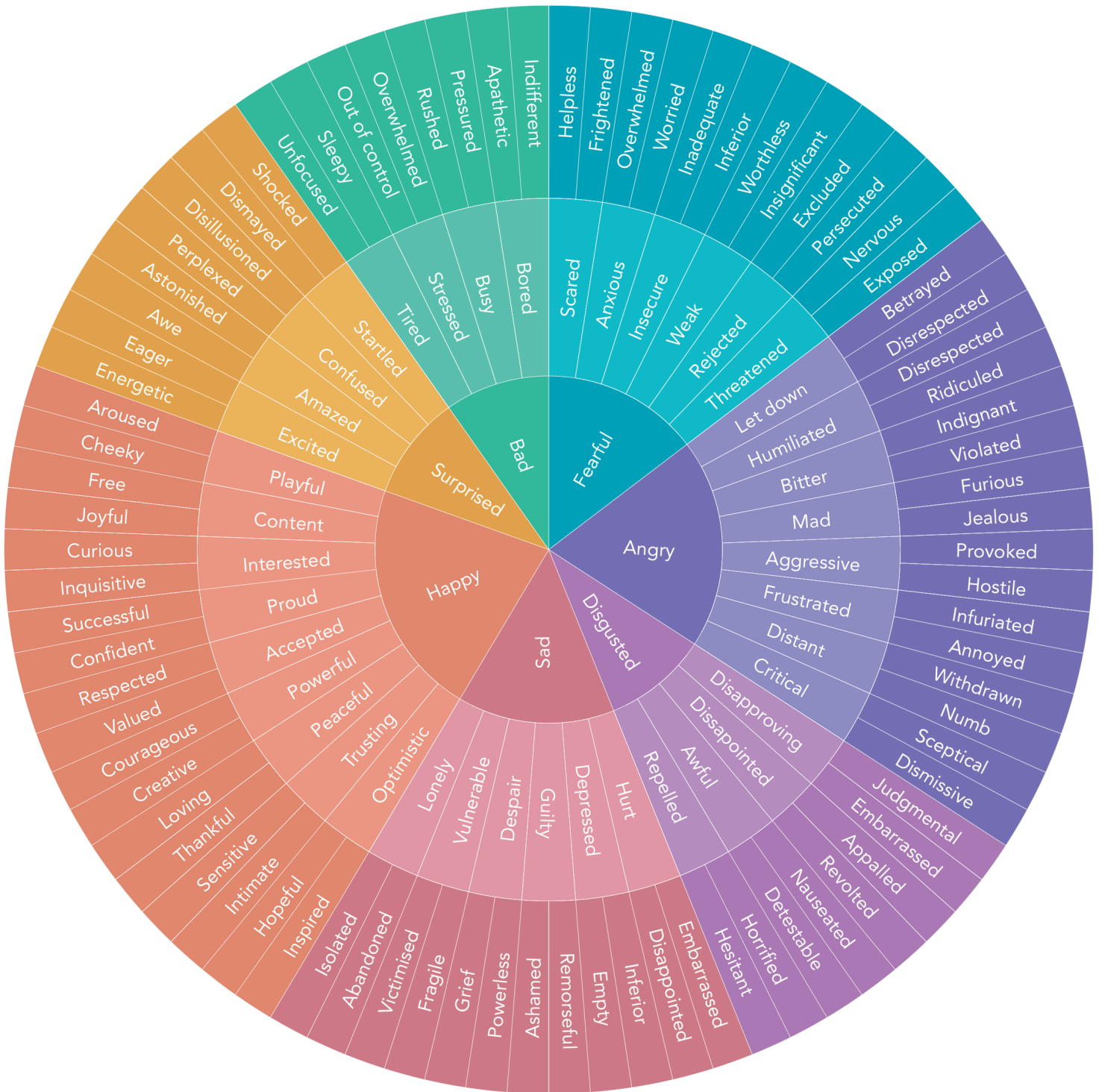
Messy emotions don't have to overtake you anymore! There is hope!

[illegible]

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.



EMOTIONS WHEEL





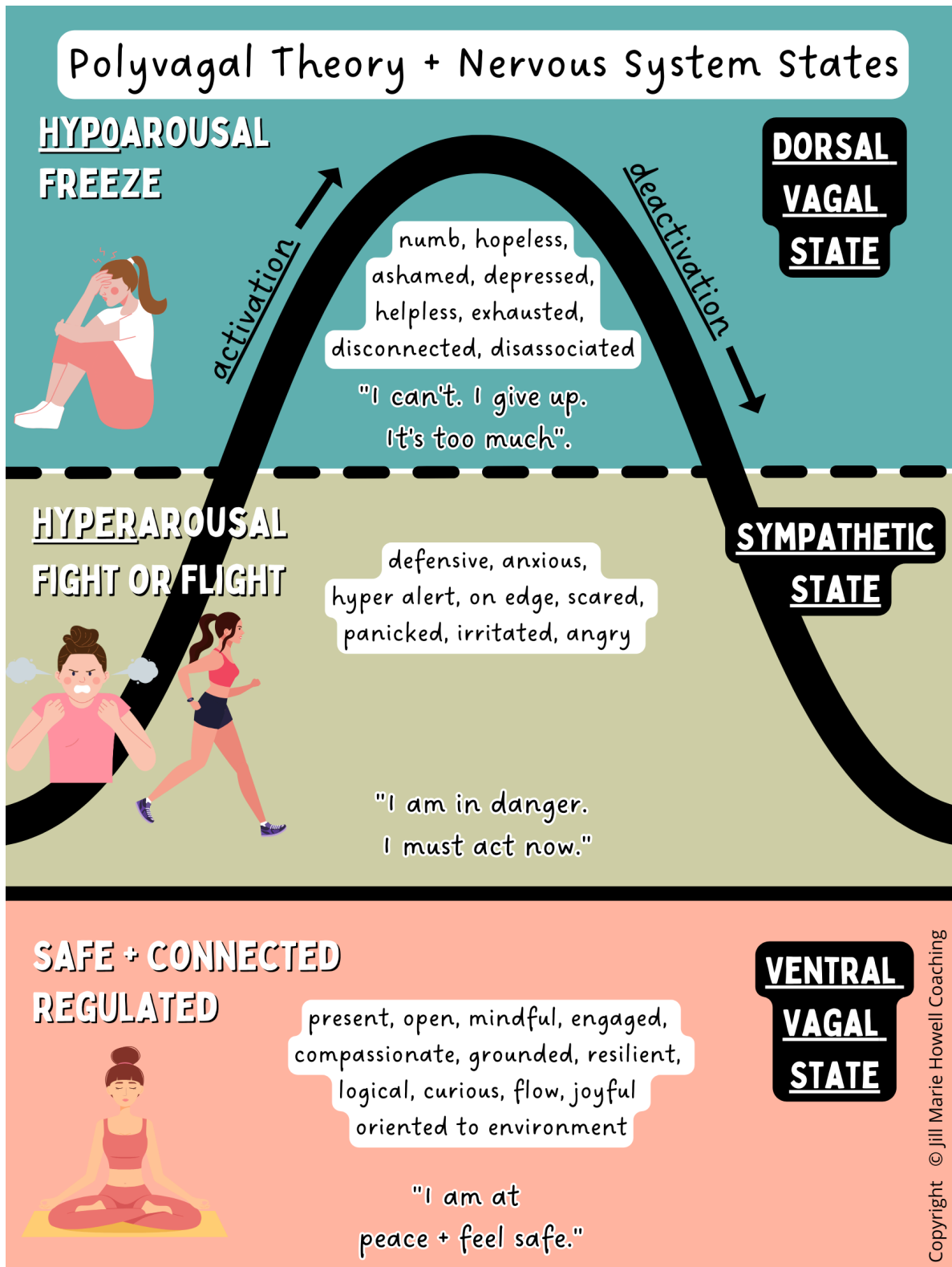
SENSATIONS OF THE BODY

List of Sensation Words

Calm	Sweaty	Tight
Energized	Wooden	Nauseous
Smooth	Congested	Shaky
Streaming	Dull	Trembly
Warm	Dense	Throbbing
Cool	Frozen	Pounding
Relaxed	Icy	Fluttery
Open	Disconnected	Shivery
Light	Thick	Queasy
Spacious	Blocked	Wobbly
Airy	Contracted	Bubbly
Releasing	Heavy	Dizzy
Expanded	Suffocated	Spacey
Expansive	Cold	Breathless
Flowing	Numb	Prickly
Floating	Closed	Electric
Fluid	Dark	Tingling
Draining	Hollow	Nervy
Tense	Empty	Twitchy
Tight	Tender	Burning
Constricted	Sensitive	Radiating
Clenched	Bruised	Referring
Knotted	Achy	Buzzy
Hot	Sore	Itchy
Full	Tense	

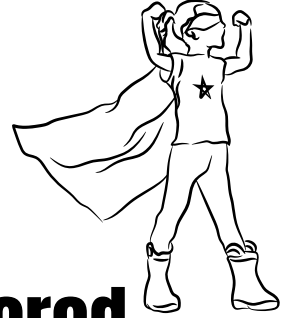


NERVOUS SYSTEM UNDERSTANDING





SURVIVAL STATE VS EMPOWERED STATE



Survival

- False Self (Protective Self)
 - Closed Energy
- Emotional Instability
 - Low Self-Worth
 - Lack of Self-Trust
- Overwhelmed/Stressed
- Hypervigilant/Hyperaware
- Dysregulated Nervous System
 - Anxious
 - Numb/Disassociated
 - Depressed/Shut down
 - Confusion/Indecisive
 - Tight Shoulders/Neck
- Exhaustion/Chronic Fatigue
 - Isolates + Hides
 - Lacks Awareness
 - Resentful, Bitter
- Victim Mentality- everything is against me
 - Struggles with Sleep, Digestion, Headaches, Pain, Heart racing, etc.

Empowered

- True Self (Wise Self)
 - Open Energy
- Emotional Stability
 - Full of Love
 - Self-Compassion
 - Authentic
- Self-Trust + Confidence
- Mindful + Present
 - Purpose
- Flexible Nervous System
- Able to Come Back Home to Peace + Ease
 - Relaxed Body
 - Clarity of Mind
 - Energized
- Connected with Self + Others
 - Self-Aware + Attuned
- Growth Mindset- Everything is working for my highest good
 - Excitement, Delight, Joy



Confidence isn't a mindset.

It's an extension of meeting yourself
honestly, openly, and deeply.

Until there's nothing left to hide,
defend, or avoid.



-Cory Muscara

[illegible]

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



HOW STRESS + TRAUMA AFFECT YOUR BODY!



Your body is always working hard for you to bring you back to balance.

- LESS capacity to function well. Prefrontal cortex of your brain shuts down.
- Enter a state of survival + self-protection (fight, flight, freeze, or fawn) with your brain + body working hard to keep you safe from more harm.
- You become dysregulated + respond from the void of unmet needs.
- Your perceptions, thoughts, behaviors, + interactions with yourself + others change because of beliefs/stories created during the distress.
- Symptoms emerge as the body + brain lose capacity to function fully. Examples: chronic fatigue, chronic pain, illness, autoimmune disorders, anxiety, depression, digestive problems, acid reflux, shallow breathing, etc.



BODY MAP OF STORED EMOTIONS





WHAT DOES SOMATIC MEAN?

What does Somatic mean?

- Somatic comes from the Greek word "Soma" which means body.
- Somatic healing explores how the body expresses deeply painful experiences, releases stuck energy + turns off the threat alarm that causes nervous system dysregulation.
- The language of your body is sensation!
- It increases capacity for your body to feel sensation + emotions without a sense of overwhelm.
- It's a gentle, loving approach to help your body recover from chronic stress.

➡ When your body has capacity to self-regulate, it restores a sense of inner safety + balance, which leads to peace + joy!!



What are the Benefits of Somatics?

- Lowers blood pressure + heart rate
- Decreases stress hormones + oxidative stress + body inflammation
- Decrease anxiety + depression
- Release physical pain
- Balance Nervous System state
- Increase immune response
- Change your brain wave state
- Release stuck emotional energy

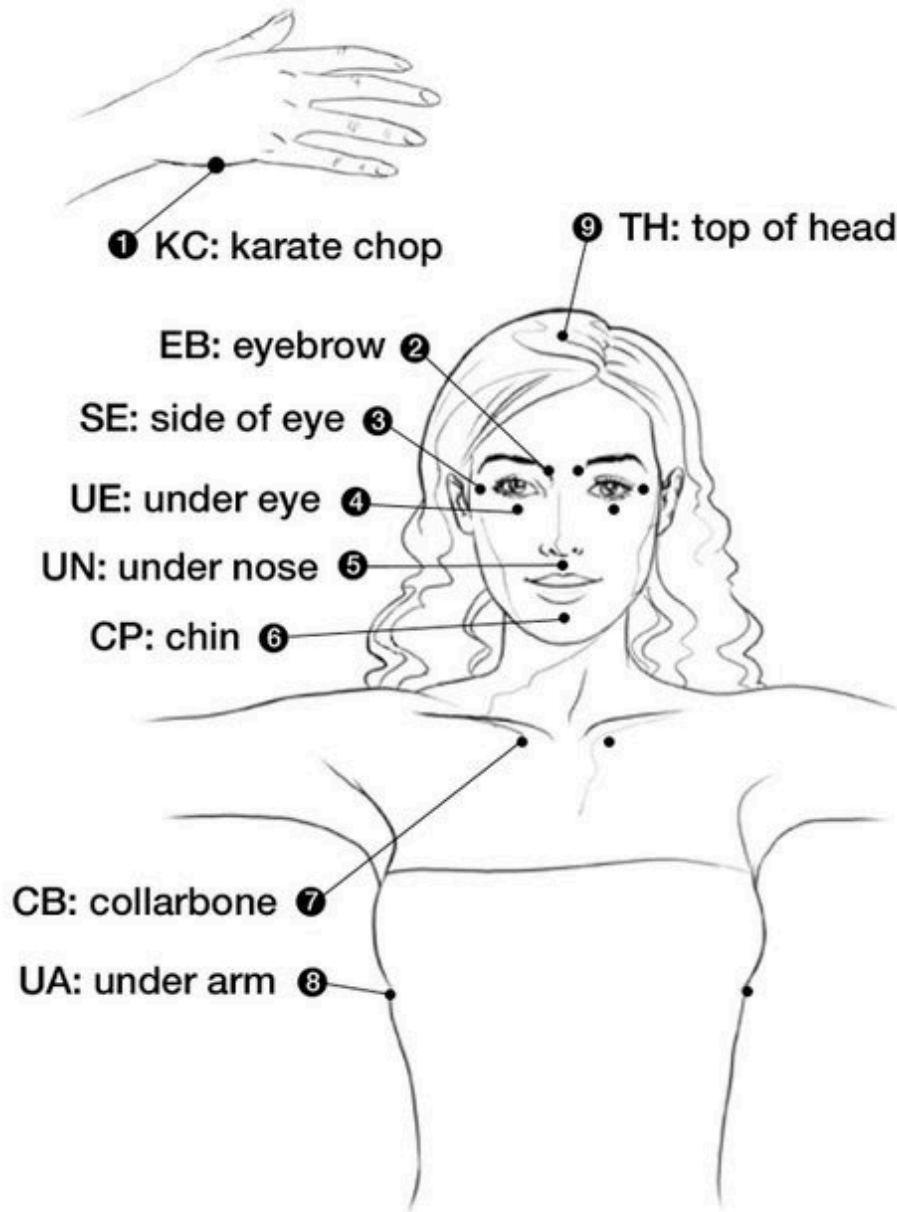
Examples of Somatics:

Breathwork, Meditation, Yoga, Stretching, Embodied Movement, Myofascial Release, Vagus Nerve Toning Practices, Sensory Soothing, Walking, Bilateral Stimulation, Sound Therapy



EFT TAPPING GUIDE

Use the karate chop point first with the setup statement and then follow the numbers of the tapping points shown below using one or two hands.





EFT TAPPING GUIDE

EFT (Emotional Freedom Technique) combines principles of ancient Chinese acupressure and modern psychology and was developed by Gary Craig in 1990. It consists of tapping on designated meridian points (energy hot spots) to shift the negative emotions that are disrupting your body's energy system. Each meridian corresponds to an internal organ. A pattern of repeated negative emotions can create blocks within us that limit us from achieving and living life to the full. Tapping rebalances our energy system as we put distance between traumatic experiences and the emotional charge stored in the mind and body. It lets the brain know you're not in physical danger and it's safe to relax by decreasing cortisol levels. As you tap gently on acupressure meridian points while verbalizing the identified problem and then an affirmation phrase. You may use 2 or 4 fingers. You can tap both sides at once or just use one hand and tap one side of your body.

Directions:

Identify Issue: an emotion, a block, a belief, an abundance issue, physical pain, or unresolved issue

Scale Intensity: label it from 0-10 (no discomfort to strong discomfort)

Set-up Statement: Tap KARATE CHOP POINT on side of hand while repeating a set-up statement 3 times. Set up statement has two goals: acknowledge the issue (negative reminder phrase) + accept yourself despite the issue. "Examples: "Even though I feel _____, I deeply and completely love and accept myself." Take a deep breath.

Negative Tapping Round: Start to tap on each point and state any negative beliefs associated with it as you move through the points in this order: EYEBROW-SIDE OF EYE-UNDER EYE-UNDER NOSE-CHIN-COLLARBONE-UNDER ARM-TOP OF HEAD. Go through the sequence 2-3 times or as many times as needed until you feel a little more neutralized/less stressed with the topic.

Positive Tapping Round: Use positive phrases, empowering thoughts, desired outcome as you go through the tapping points in the same order. Use phrases like "I choose to feel...", "I love knowing...", "I have faith...", "I am becoming...", "I am...", etc.

Scale the intensity again to see if your number has lowered. If you are still a 4 or higher, repeat the tapping or try another tool in your tool box.

*If it's hard to go to positives use a bridge round between negative + positive rounds (ask questions, affirm feelings, say "it makes sense..." "maybe..." or "I'm open to the possibility of..."



Fall in love with taking care of yourself.
Fall in love with the path of deep
healing. Fall in love with becoming the
best version of yourself, but with
patience, compassion, and respect to
your own journey.



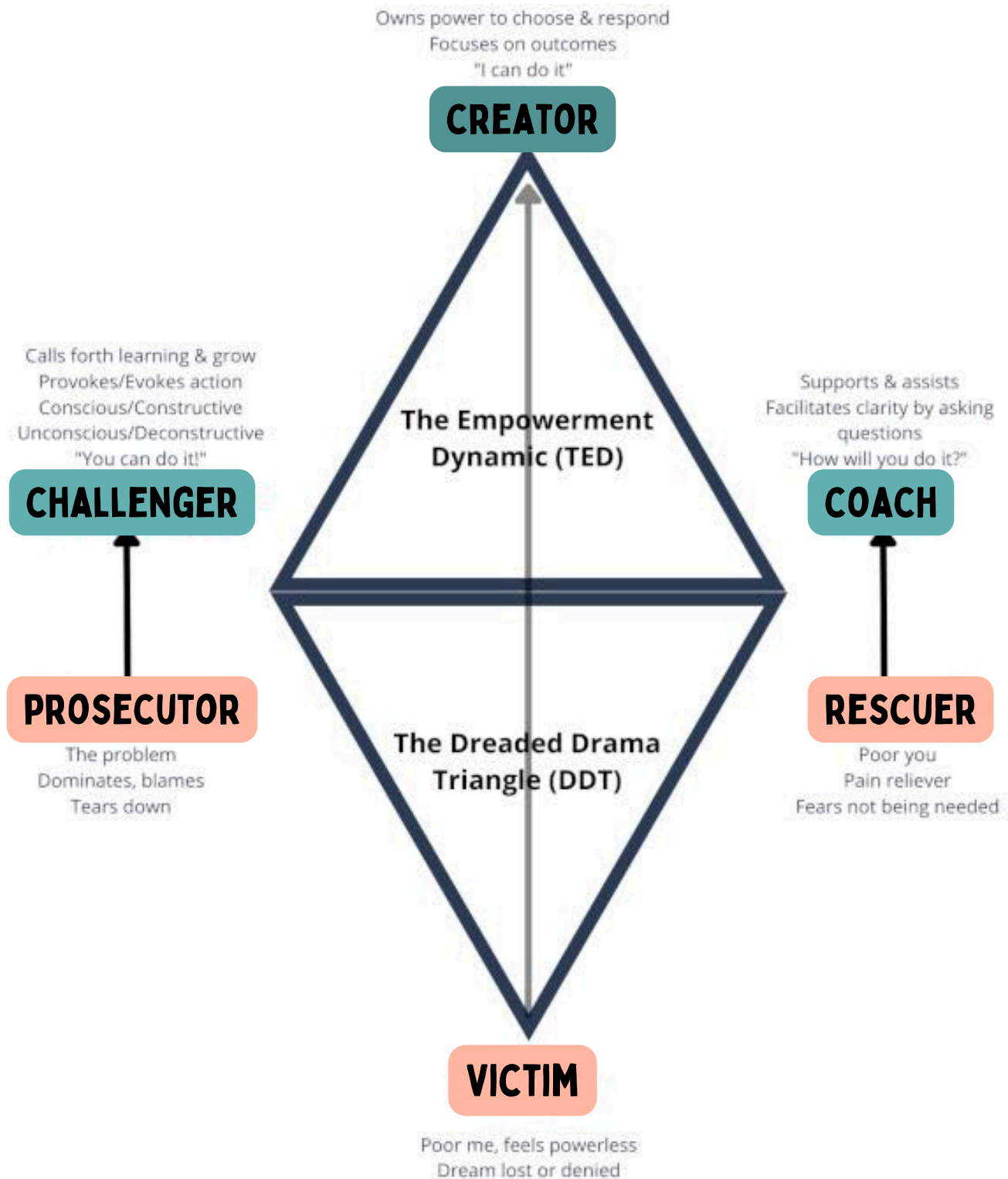
-S. McNutt

[illegible]

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.



TAKE YOUR POWER BACK!





CREATING A FLOW STATE

Idea List:

- Visualization
- Embodied Movement
- Dancing
- Hiking/Running/Swimming/Yoga
- Being in Nature
- Gardening
- Looking for Glimmers of Hope
- Exploring Playfulness
- Joyful + Playful Movement
- Rhythmic Movement
- Swinging + Walking
- Engaging in Childlike Activities
- Play Games
- Do a puzzle
- Laughter
- Unstructured Creativity
- Painting/Coloring/Drawing
- Journal Freely without Stopping
- Read Fiction
- Cooking
- Do a Fun Project



VISUALIZATION + EMBODIMENT

Visualization: a technique for creating images to communicate a message to your brain. Seeing it allows your brain to believe it is happening right now. It is a powerful tool for creating new strong neural pathways rewiring your brain + body through neuroplasticity. It engages the brain regions of perception, attention, memory, and motor planning to effectively reprogram your subconscious brain.

Embodiment: a technique for expressing a quality or idea in tangible or visible form; to connect with the energy and emotion felt in the body and make it concrete and perceptible. Embodiment is about inhabiting yourself more fully. Emotional embodiment is the ability to feel and sense our emotions and feelings so that we might embrace + express them.



FUTURE VISUALIZATION

Choose something you want to be, do, accomplish, or experience. Close your eyes and take yourself there. This is key to manifesting change in your life and creating neural pathways in your brain. It is the power of neuroplasticity (the brain's ability to physically grow new connections and brain matter.) Remember, the more you think about something the more you can receive it. If you focus on the pain and problems, you become addicted to the chaos (pain and struggle) because it's familiar. If your brain experiences something over and over again it clings to it as familiar and safe. This is part of the journey of creating a new version of yourself.

Where focus goes, energy flows! It's your choice. So, fill your mind with the good stuff and open the door of possibility. Give yourself this gift so you are ready to receive new things. Invite goodness into your life! Your brain has to see it as a possibility. Do it for at least a week repeatedly. Post photos, write notes, or set calendar reminders that remind you to do it.

Key principles to keep in mind...

1. INCORPORATE THE SENSES FULLY

See yourself. Experience the environment with eyesight, touch, taste, smell, and sound. Feel it. Live it. Watch it like you're playing back a movie. Dream. Smile. Think about what you would say, how you would act, and what you would feel. And then experience it as fully as possible. It's good to expand on it each time you visualize it.

2. MORE SPECIFIC IS BETTER

The more specific you are the better! Also, the more often you experience this visualization, the better! Practice day and night or create a new habit like every time you brush your teeth or every time you go to the bathroom, do your visualization.

2. EMBRACE THE UNCOMFORTABLE

It may feel weird at first. Embrace the uncomfortable. Over time we become conditioned and live in patterns that feel familiar. Human brains are drawn to familiarity because it feels safer, even when it's not always good. We have to be willing to do new uncomfortable things in order to change our lives, create new patterns, and live freely.



PAST VISUALIZATION

Visualization of past memories is an internal grounding resource that reminds the body and the survival brain what it feels like to be healthy, safe, grounded, and regulated. Positive memories and visualizations that elevate your emotional state also trigger your growth and repair neurochemistry (dopamine, oxytocin, serotonin, endorphins), which can help the brain move out of a state of survival.

DETAILS:

Ask questions to include specific details like, "What are you wearing? Where are you? What do you see when you look up, down, left, right, all around? Who is present? What colors do you notice? What season is it?

SENSES:

Engage all 5 senses- see, hear, taste, smell, feel

EMOTIONS:

How do you feel? How do the people around you make you feel? Use a feeling wheel to help you describe with descriptive words. Examples: calm, capable, present, peaceful, relaxed, grounded, supported, loved, grateful, expansive, open, free, excited, elated, engaged, connected, hopeful, etc.

EMBODY SENSATIONS:

How do you know that you feel ____? Emotions are first felt in the body, and then the brain makes sense of them and interprets them. So, ask how do I feel ____ in my body? Where do I feel ____? What sensations do you feel? (warm, cool, hot, soft, hard, wide, flat, expanded, pulsing, tingly, etc.) Linger in the sensations.

EXPAND THE EXPERIENCE:

Breathe slowly and deeply and let the good emotions linger. Imagine yourself breathing in a color that represents the emotions. Or imagine a bright light coming through your body healing every part of you and every cell within you.

*If you feel resistance to doing this activity, recognize it's coming from your survival brain trying to protect you and feeling scared of doing something unfamiliar so speak to your nervous system and reassure it that it is safe to experience good and respond in a loving kind way that creates safety for your self.



BEGIN TO COACH YOURSELF THROUGH EVERY EMOTION + GUIDE YOURSELF BACK HOME TO PEACE

Join the Nourish Membership at a discounted rate of \$37/month or \$370/year!

click here

Nourish Membership

YOUR TRANSFORMATION PATHWAY TO PEACE

Move from Surviving to Thriving with Nourishing Self-Regulation Practices

RECONNECT	REGULATE	RELEASE	REWIRE	RECLAIM
Reconnect with body sensations + attune to your core needs. Increase awareness + self-trust as you nourish your mind, body, + spirit.	Regulate + calm your nervous system using mind-body healing tools. Take steps of action to guide your body + brain back to ease.	Release stored tension, stress, + trauma from your body through gentle movement. Open yourself up to possibility + hope.	Rewire your brain to think + act differently with new neural pathways. Transform response to stress + triggers. Respond from grounded state.	Reclaim + embody peace + joy. Experience ease + flow. Expand capacity for both pain + pleasure. Live empowered!

Promo Event Pricing \$37/Month

Regular price \$47/month

BONUS GIFT!
SIGN UP BY END OF 1/31...

Member Benefits:

1. Weekly Somatic Classes
2. Nervous System Resource Hub
3. Somatic Pathway to Peace Course
4. Weekly Somatic Practices Shared
5. Private Community of Women

YOUR ON-THE-GO EMOTIONAL REGULATION TOOLBOX

42 SOMATIC SELF-CARE CARDS IN DIGITAL + PRINTABLE FORMAT

(Value \$17)

MOVE FROM SURVIVING TO THRIVING AS YOU NOURISH YOUR EXHAUSTED MIND, BODY, + SPIRIT



EMBODIED SELF-TRUST 8 WEEK GROUP JOURNEY

♥ Healing, Loving, + Leading Yourself From Within ♥
On Thursdays at 12pm EST- Starts on February 20



This is for women who are tired of struggling with emotional overwhelm, insecurity, and lack skills to guide themselves through stress + emotional triggers. If you're ready to embody self-trust, it's time to learn how to heal, love, + lead yourself through distress from a place of presence + wholeness.

Early Bird Pricing \$397

Regular price \$597

The Embodied Self-Trust Journey

- Creating Emotional Safety Within with Somatic Connection + Soothing
- Loving + Embracing ALL Parts of You
- Coaching Yourself Compassionately Through Stress + Triggers
- Identifying + Meeting Your Core Unmet Needs
- Befriending Your Hurting Parts- Anger, Fear, Shame, Grief
- Creating New Stories + Rewiring Your Brain with Embodied Experiences

BONUS GIFTS!!

**-A 60 MIN 1:1 COACHING
SESSION (VALUE \$150)**

**-2 HOUR SELF-LOVE
RETREAT ON 2/14 AT 12PM
EST (VALUE \$97)**



Meet Your Coach

Jill Howell

Emotional Regulation Coach
Somatic Healing Practitioner



Hey there! I am an emotional regulation coach, speaker, and somatic healing practitioner who has overcome PTSD, chronic pain, IBS, chronic fatigue, anxiety, depression, + complex trauma.

I guide women to transform the relationship they have with themselves + embody peace and joy again. My integrative mind-body coaching equips women to rewire their nervous systems, heal symptoms, + transform their stress response through somatic awareness, physiological release, mindful movement, brain retraining, and self-acceptance.

I offer transformative feminine coaching, an online nervous system healing membership, somatic stress release classes, and other online resources.

“Dancing in the Mess” is a way of life that invites women to embrace the mess of being human with less shame + more self-compassion! My passion is to guide you to live light, open, + free.

I’m dancing in the messy middle with you!

Jill



Jill Marie Howell
COACHING



Let's Connect!

www.dancinginthemess.com