

# 5 Somatic Practices to Relieve Anxiety + Overwhelm

Somatic (body-based) Practices To Calm Your Nervous System

Free Guide



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"Somatic" comes from the Greek word "Soma" which means body. These body-based practices help you to gently reconnect to yourself in loving compassionate ways + bring regulation to your nervous system.

They create harmony + communication between your brain + body.



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## 1. BREATH WORK

Your breath is your greatest resource!! Inhale nose twice; exhale mouth once for this breath. Can try it slow or fast. [TRY 2:1 BREATH HERE!](#)

## 2. SOMATIC (BODY) SENSATION TRACKING

The soulful reconnection to your body is a gift to your self through meditation. Observe your sensations in your body without judgment. Lean in to hear what your mind + body wisdom + respond compassionately. This awareness develops self-trust + inner peace. [TRY SOMATIC RECONNECTION HERE!](#)

## 3. EMBODIED MOVEMENT

Let yourself flow with gentle movement to help your brain + body come into the present moment. Let your stress unwind thru this guided movement practice or turn on a song + let your body move freely! [TRY MOVEMENT PRACTICE HERE!](#)

## 4. EFT TAPPING

Tap on the acupressure meridian points to help clear energy physiologically + integrate cognitive processing to move through a stuck emotional state. As an EFT practitioner, this is one of my fave tools for creating inner harmony! [EFT PDF](#) + [TRY EFT TAPPING HERE!](#)

## 5. PHYSICAL STRESS RELEASE

Release tension + traumatic stress energy physically stuck in the body. Emotional pain is often secretly trapped in the psoas muscle + hips, which is the emotional storehouse for the human body. [TRY HIP RELEASE HERE!](#)

*"I use these somatic (body-based) tools when I feel anxious, overwhelmed, or stuck in messy emotions as my body starts going into fight, flight, or freeze. They help me regulate my nervous system + connect to my Self. These practices are found inside the Awaken Membership."*

-Jill

Are you tired of feeling like a pressure cooker ready to burst with anxiety, overwhelm, + exhaustion?



The **AWAKEN Membership** will guide you to awaken your inner power + transform inner chaos to peace!

Your stored tension + stress must be released from BOTH mind + body or it can show up as chronic illness or pain, autoimmune disorders, fatigue, anxiety, depression, etc. Your emotional health affects the way you view yourself, how well you function, + how you interact with the people you love. It affects EVERY area of your life!

It's time to learn how to **REGULATE + REWIRE** your nervous system, **RECONNECT** your mind + body, + **RELEASE** stress + trauma so that you can **RECLAIM** peace + joy!

FOR MORE  
INFO...

*click here*

# Awaken Membership

AWAKEN YOUR INNER POWER + PEACE

- 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 peace + joy. Embody ease + flow. Expand capacity for both pain + pleasure. Live from an empowered state!

Register for free 3 Day Trial OR click here to try a monthly somatic release class!



# A Note From Jill...

**YOUR CHAOS COACH + NERVOUS SYSTEM  
GUIDE TO HELP YOU  
RELEASE MIND + BODY STRESS, RESTORE  
INNER PEACE,  
+ RECLAIM JOY**

Hey friend! I'm glad you're here! I am an **Emotional Health Coach** who specializes in **Somatic Stress + Trauma Recovery**. I just want to share a little bit about how I got here.

I spent two decades of my adult life **overcoming C-PTSD + chronic symptoms** (debilitating physical pain, IBS, heart burn, depression, + anxiety) while only using traditional talk therapy methods. In 2020, I **finally got sick of staying stuck** in it all and integrated **somatic (body) healing + inner child healing + brain retraining + nervous system understanding**, and the combination finally broke through my cycle of despair.

Now, my mission is to empower women like you to take your power back from stress, anxiety, + depression + lovingly guide yourself home to peace + joy. We do this by **rewiring your brain + body, creating emotional stability, releasing stuck stress + trauma, restoring self-trust, and reconnecting your mind + body**.

In **1:1 coaching** I **gently guide you to meet the parts of you that need to be seen, heard, validated, loved, + met with compassion** in order to calm the chaos inside. I incorporate *Nervous System Regulation, Somatic Healing Practices, EFT Tapping, NLP, Meditation/Mindfulness, Inner Child Healing, IFS Therapy, Self-Compassion Therapy, Brain Retraining, Sound Healing, + Play* into my 1:1 *trauma-informed coaching*.

**Is it your time to stop living in survival mode? I think so! :)**

**I am here to help you release mind + body stress that has been stored for too long and guide you back home to your body + flow with ease.**

**I am dancing in the messy middle with you!**

*Jill*

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