

HEALING TRAUMA IS NOT ABOUT THE RELEASE
THE GOAL IS TO BUILD NERVOUS SYSTEM CAPACITY.
CAPACITY BRINGS NERVOUS SYSTEM HEALTH & REGULATION

Somatic Body Release

Throat: Release your tongue from the roof of your mouth.
Paint on the roof of your mouth with tongue. Singing, humming, chanting

Neck: Slowly nod front and back, gentle movements orienting, following soft eye gaze

Chest: Place your hand on your chest while you notice rise and fall, & the natural rhythm of your breath

Stomach: Abdominal gentle & soft massage. Release grip by swaying arms back and forth

Pelvic Floor: Gentle Release (rotations & front & back tilt)

Legs: Gently tense & release tension, pressing feet & legs down firmly, gently, or shaking legs to release tension, run in place (flee)

Forehead: Soften between your eyes and brow (finger tip gently pressing) gently pull brows forward

Eyes: releasing occipital muscles; bilateral eye movements

Jaw: Softly open and close your jaw/mouth. Softly shift right and left, smiling, laughter

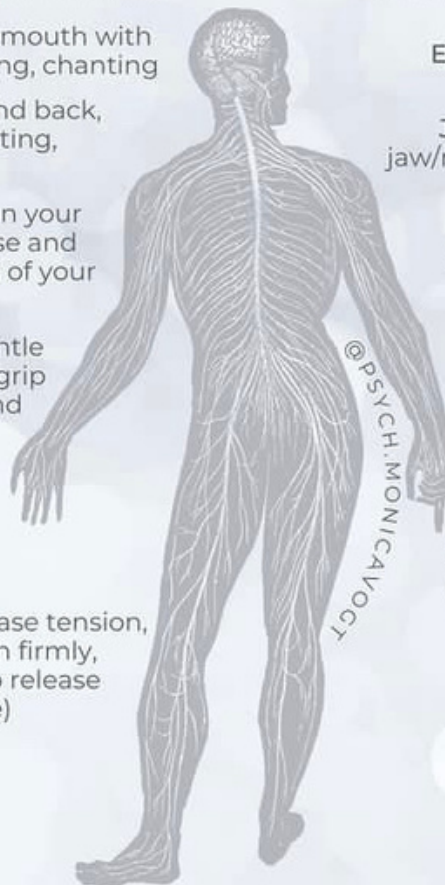
Shoulders: Gently roll your shoulders away from your ears, gently tense & release

Diaphragm: Mobility/expansion 2 short inhales +1 long exhale; sighing

Breath: Focus on short inhale and long exhales, 4/7/8 breath

Hands: Close and open, tense & release, easy and gentle fingers. Pushing hands against a wall/tree

Feet: Gently rotate ankles. Tense and release, walk.



HOW DO YOU EMBODY/INHABIT THE STORIES YOU TELL YOURSELF?

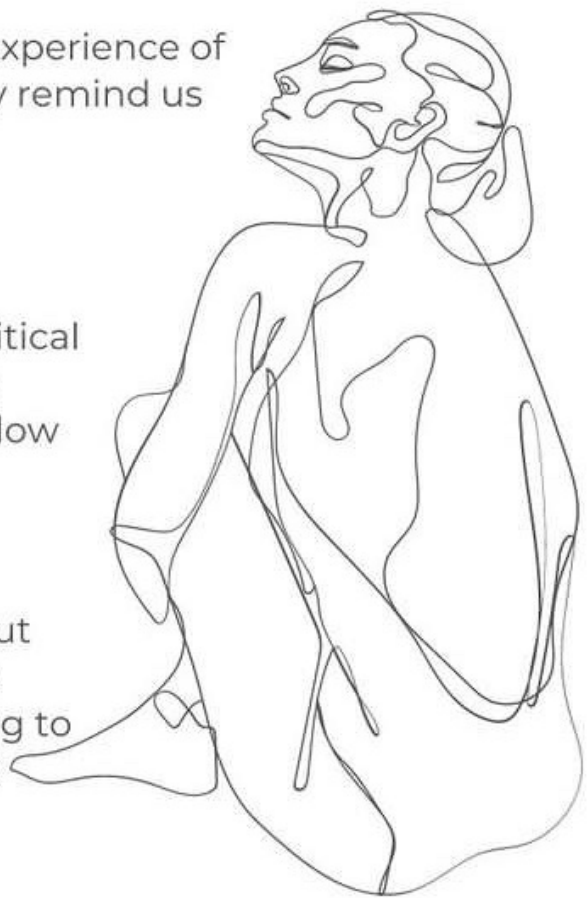
Ventral stories deepen our experience of safety, possibility and choice. They remind us we are okay.

@PSYCH.MONICAVOGT

Sympathetic stories

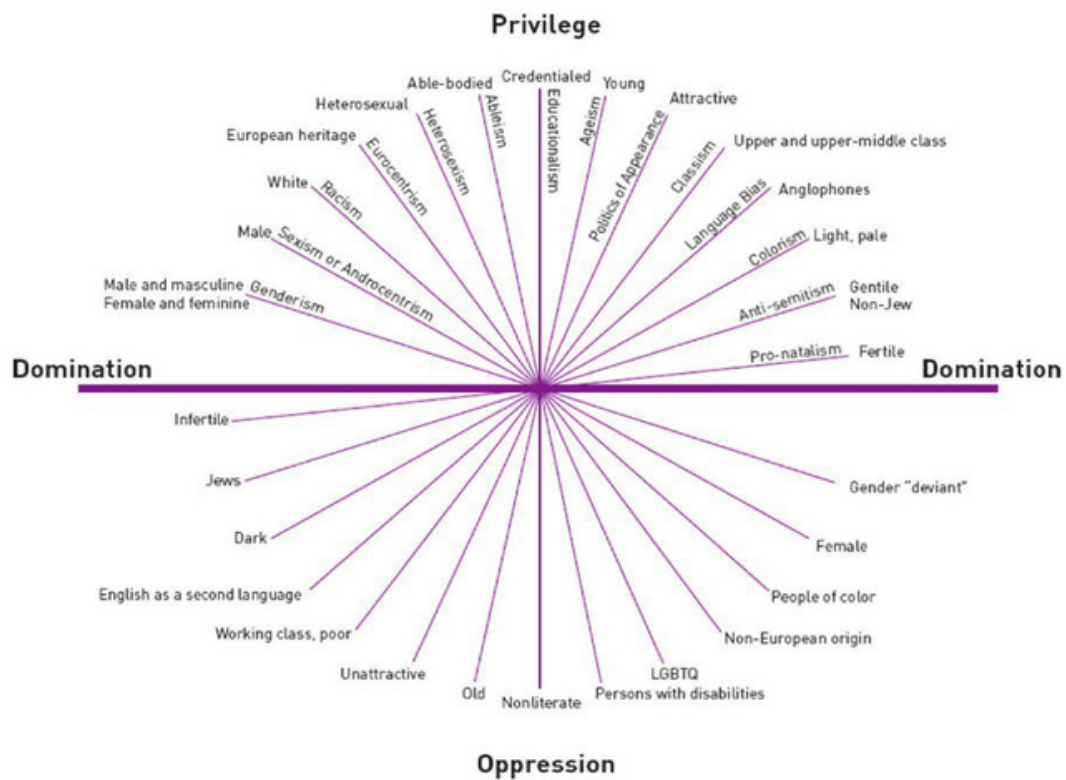
often have judgmental and self-critical thoughts that keep us in constant movement, with a fear that if we slow down we will be a failure.

Dorsal stories are stories about giving up. These stories can come when we are exhausted from trying to belong, be seen, or listened to and haven't succeeded.



Source Deb Dana "Anchored"

Intersectionality



Source: Morgan, K.P. Describing the emperor's new clothes: Three myths of educational (in)equity. In *The Gender Question in Education: Theory, Pedagogy, & Politics*. Westview Press, Boulder, CO, 1996, 105–122. Used in AWIS' intersectionality fact sheet at <https://www.awis.org/intersectionality/>

AWIS

Videos

How to stimulate the Vagus Nerve and Improve your Wellbeing:

[https:// www.youtube.com/watch?v=LK3dQdj8YVWQ](https://www.youtube.com/watch?v=LK3dQdj8YVWQ)

How Toxic Stress Affects Us and What We Can Do About:

<https://developingchild.harvard.edu/resources/stress-and-resilience-howtoxic-stress-affects-us-and-what-we-can-do-about-it/>

Polyvagal Theory explained. Somatic Consent Engagement System and Social Engagement System:

<https://m.youtube.com/watch?v=27FSiBqEDUs&feature=youtu.be>

Treating Trauma: 2 Ways to Help Clients Feel Safe, with Peter Levine:

[https:// www.youtube.com/watch?v=G7zAsealyFA](https://www.youtube.com/watch?v=G7zAsealyFA)

Vagus Nerve Activation:

<https://www.youtube.com/watch?v=zUx5kLFyx-M>

Vagus Nerve Ear Massage:

<https://www.youtube.com/watch?v=LnV3Q2xlbIU>

Vagus Nerve Reset To Release Trauma Stored In The Body (Polyvagal Exercises):

https://www.youtube.com/watch?v=eFV0FfMc_uo