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THE 21 DAY EMBODIED WOMAN *somatic reset*

FOR THE WOMAN WHO IS READY TO
AWAKEN HER POWER THROUGH THE
INNER WISDOM OF HER BODY



INTRO

WFT IS A SOMATIC RESET?

WELCOME TO YOUR AWAKENING through the 21 DAY SOMATIC RESET. I'm so excited to bring this to you combining the best in research on the Nervous System & your Somatic body - the home of all your wisdom, utilising what we know about stress, trauma & creating safety in the body to create a new baseline of security for you.

Trauma, no matter big or small, creates a feeling of helplessness in the body & therefore your nervous system can get "stuck" in a pattern of dysregulation; keeping you in a state of hyper-vigilance (constantly on the look out for threat/danger) or hypo-vigilance (disassociating and checking out of our current reality to find safety).

When we feel the power of action in the body it contradicts the feeling of helplessness that trauma creates in the body. Therefore, the exercises you'll be practicing in these next 21 days, along with your daily integration journaling and embodiment challenges, will support in creating a new baseline of safety for your nervous system. These exercises will help ground, contain, center and feel the power and sensation in your body. Creating release as the stress moves to the background and the awareness and sensations of the body to move to the foreground.



INTRO

WFT IS A SOMATIC RESET?

At first, some of these practices may seem foreign, or even silly, to you; but trust the process of each exercise and how they build upon one another. Somatic work like this can be like understanding a new language, but the more we practice it, the more it becomes like second nature. Somatic work goes to depths that mindset work alone cannot go and in order to heal the trauma's of our past that live and store in our body and nervous system, we must go beyond words and utilize the body as our tool for healing.

We can't just think about it or talk about it, it must be felt on the inside in order to be fully released and healed. We need the foundation of the body to override the belief that trauma instills in most of us: "I can't" or "I am not safe."

When you move through the practices in this reset, you will begin to program into the body an embodied experience of "I am safe" and "I can create safety for myself." This is what the nervous system needs to "shut off" it's survival state and begin to move into a state of rest.

You may resonate with some exercises over others and that's fine. But the invitation is that you do the whole programme because it's how they come together that creates the shift in your body.



HOW TO USE IT

WTF DO I DO?

Your nervous system learns best when you are calm—so it's important to practice this when you're in your window of tolerance and your learning brain is online. That means, you feel safe and grounded in the present moment. That way, when you do become dysregulated, you'll have the mental and physical "muscle" practiced and embodied to access in times of stress.

Be aware of any injuries and adjust as necessary or skip any exercise if it doesn't work with your body's current capabilities. Always take it slowly and at your own pace. Trauma is a result of too much, too fast, too soon; so slowing down and giving yourself permission to move at a pace that feels good for you is essential.

Each day you'll need about 10-15 minutes set aside for the practice itself and for the reflection. If it's helpful, you can read the WHY THIS WORKS section on the days' practice page within this workbook to help ground why this practice is helpful for resetting your nervous system.

Each practice will begin with a Somatic Scan (see video) that brings you into the present moment, and drops you into your body - noticing how your body is feeling and what sensations are occurring, without judgement. This Somatic Scan helps you to build a relationship with your body, which most of us are in deep need of, as trauma disconnects us from our body and the sensations occurring within.

After your Somatic Scan is complete, you'll move onto the practice itself. Some practices will have an accompanying video that will show you how the practice is done. Some will be an audio to follow for a visualization.

Once you've completed the practice—notice how your body feels. Does it feel different than before during your Somatic Scan? You may feel a subtle sense of being more grounded and calm, or something more substantial. You may feel the urge to yawn, swallow or sigh. Don't judge what is happening - just notice. All of these are signs your parasympathetic nervous system is coming online and your nervous system is moving into a state of rest.

After this, you'll move on and choose either the JOURNAL PROMPT or the CHALLENGE included on the days' worksheet in this workbook.

Once complete with the programme, really take time and gratitude to reflect on your journey. Committing to yourself and the health of your nervous system is such an incredible achievement that really should be celebrated. Now you are empowered and encouraged to use whatever exercises resonate most with you as you move forward in your healing journey.

DAY 1

SQUEEZE & RELEASE

Purpose: To train our body to open and release tension.

WHY THIS WORKS

When our body is in a trauma or stress response, it constricts and tightens, which sends a signal to our brain that something is wrong.

This sets our brain into hyper vigilance, which ultimately affects our ability to think clearly and make rational decisions.

By over-exaggerating the tension in our body by tightening our muscles and then releasing and opening them on the exhale, we are giving our body, and therefore our mind, the signal that it is safe to let go of hyper vigilance and open to more possibility.

INSTRUCTIONS

1. Find a safe and quiet place where you will be uninterrupted for 10- 15 min. Be sure to have your journal and pen close by.
2. Begin today's practice with dropping into your body with a Somatic Scan. As you move from head to toe, just notice whatever sensations are occurring for you, without making meaning out of it. Follow the provided video for the Somatic Scan.
3. Watch the video for today's exercise and follow along with the example given.

Choose one of the following to integrate this practice:

JOURNAL:

*When I released the tension in my body I noticed...
Being open and relaxed scares me because...*

CHALLENGE:

Throughout the day today, notice when you are holding any tension in your body (stomach, jaw, shoulders, neck). Once you bring awareness to this, over-exaggerate the squeezing sensation and hold until it's uncomfortable to hold any longer. Then release with a big exhale. Take note of the openness you feel in that area, and set an intention for what you choose to do with that openness; see if you can fulfill that intention by the end of the day.

DAY 2

SUPPORTIVE SQUEEZE

Purpose: Emotionally regulate and empower yourself while resetting the Vagus Nerve

WHY THIS WORKS

Supportive self-touch helps to activate the body's auto-regulation system, which helps to decrease cortisol levels. Self-touch also allows us to feel more in tune with our own body, which can give rise to feelings of empowerment, self compassion and body ownership.

When we add supportive messages of safety and reassurance while we are using supportive self-touch, we are sending a signal to our brains that we are safe and our nervous system can relax.

INSTRUCTIONS

1. Find a safe and quiet place where you will be uninterrupted for 10- 15 min. Be sure to have your journal and pen close by.
2. Begin today's practice with dropping into your body with a Somatic Scan. As you move from head to toe, just notice whatever sensations are occurring for you, without making meaning out of it. Follow the provided video for the Somatic Scan.
3. Watch the video for today's exercise and follow along with the example given.

Choose one of the following to integrate this practice:

JOURNAL:

*A message that my body shared with me is...
What I'm noticing around this message is...*

CHALLENGE:

How can you meet your intention throughout your day? Take your final intention for the day (the last part of this exercise) and create 3 moments throughout your day where this intention can be repeated to yourself (internally or externally) and felt as true in your body. For example, if your intention is to "experience calm and grounded presence," you would get create 3 opportunities to experience calm and grounded presence throughout your day, despite your circumstances. Journal what you notice.

DAY 3

BACK IN THE BODY

Purpose: To re-associate and ground back into your body and release any stuck energy

WHY THIS WORKS

When we're feeling disassociated, we may need more activity than usual to ground back into our body. Making active movements invites our brain to re-associate with our body, while also allowing our body to release any stored energy or stress hormones. In order to reorient to our present moment surroundings, we purposefully will dis-orient ourselves through our movement, so that our body will over-correct and establish a sense of balance and presence to our body and mind.

INSTRUCTIONS

1. Find a safe and quiet place where you will be uninterrupted for 10- 15 min. Be sure to have your journal and pen close by.
2. Begin today's practice with dropping into your body with a Somatic Scan. As you move from head to toe, just notice whatever sensations are occurring for you, without making meaning out of it. Follow the provided video for the Somatic Scan.
3. Watch the video for today's exercise and follow along with the example given.

Choose one of the following to integrate this practice:

JOURNAL:

*How did it feel to move vigorously in your body?
What did you notice after you completed the exercises?*

CHALLENGE:

Throughout your day, bring awareness to when you may be slightly disassociated. This may look like your attention drifting off "into space," or driving somewhere you drive often and realizing you were on auto-pilot, or "checking out" of a conversation and realizing you didn't really hear what was being said. Once you have awareness of this, do a quick bounce and shake in your body to re-associate and then ask yourself- is there something in my life I'm avoiding or not wanting to look at or deal with? Journal your findings.

DAY 4

AWAKEN THE TIGER

Purpose: To reconnect to our animalistic nature and experience embodied empowerment

WHY THIS WORKS

At times, it's easier to see something outside ourselves as powerful, majestic, divine and graceful. When we experience chronic stress or trauma, our brain keeps us in a state of hyper vigilance, which puts us in the vantage point of "victim." In order to shift our brain and body from fear to empowerment we are going to step out of our personal vantage point and step into one of an animal that represents power, grace, agility, presence and majesty.

This helps us to embody a new posture, activate the play/creative centers of our brain and create new connections around what's possible to experience in the body.

INSTRUCTIONS

1. Find a safe and quiet place where you will be uninterrupted for 10- 15 min. Be sure to have your journal and pen close by.
2. Begin today's practice with dropping into your body with a Somatic Scan. As you move from head to toe, just notice whatever sensations are occurring for you, without making meaning out of it. Follow the provided video for the Somatic Scan.
3. Watch the video for today's exercise and follow along with the example given.

Choose one of the following to integrate this practice:

JOURNAL:

When stepping into the role of TIGER, I experienced (in my body, in my emotional world, in my thought world)

CHALLENGE:

Throughout today, take on a bit of your Tiger energy. Walk through the world with an essence of it, let it ooze off of you. Take on the posture, the gaze, the stride. Notice what this change in embodiment creates in you. Journal your findings.

DAY 5

DISSOLVING FREEZE STATE

Purpose: Wake up dormant energy and regulate arousal response by rewiring the polyvagal system

WHY THIS WORKS

We are rewiring the polyvagal system through very gentle rocking motions of the pelvis and spine to wake up the dormant energy that often resides in the abdomen after a traumatic experience. This dormant energy can make us feel stuck or trapped in our bodies.

This often happens in the shutdown state of trauma, which occurs in the dorsal branch of the vagus nerve (freeze state). Using a "bottom up" approach of activating the body in a gentle way, we allow the body to assist in regulating arousal and stress responses, ultimately helping to dissolve freeze state.

INSTRUCTIONS

1. Find a safe and quiet place where you will be uninterrupted for 10- 15 min. Be sure to have your journal and pen close by.
2. Begin today's practice with dropping into your body with a Somatic Scan. As you move from head to toe, just notice whatever sensations are occurring for you, without making meaning out of it. Follow the provided video for the Somatic Scan.
3. Watch the video for today's exercise and follow along with the example given.

Choose one of the following to integrate this practice:

JOURNAL:

*How did it feel to move vigorously in your body?
What did you notice after you completed the exercises?*

CHALLENGE:

Bring your newly awakened energy to a domain in your life that has been craving it. Maybe it's self-care, a relationship that may desire your presence, or a project that has been waiting in the wings.

Whatever it is, choose to dedicate 15 minutes of presence and energy to the part of your life you choose.

DAY 6

WORKING WITH FLIGHT

Purpose: Move out of FLIGHT mode. Rediscover your power and agency after experiencing trauma or chronic stress.

WHY THIS WORKS

This is about learning to reuse our legs in a more empowered way. Our legs often represent our ability or inability to move away from what we may perceive as danger or threat. Enabling our legs can empower us and can help us feel more confident in being able to face a threat in the future. Also, moving slowly in our body counteracts the experience of being busy/hurried/anxious/rushed in our body that often gets stuck in the "on" position after experiencing trauma.

INSTRUCTIONS

1. Find a safe and quiet place where you will be uninterrupted for 10- 15 min. Be sure to have your journal and pen close by.
2. Begin today's practice with dropping into your body with a Somatic Scan. As you move from head to toe, just notice whatever sensations are occurring for you, without making meaning out of it. Follow the provided video for the Somatic Scan.
3. Watch the video for today's exercise and follow along with the example given.

Choose one of the following to integrate this practice:

JOURNAL:

My legs represent a sense of safety and empowerment because...

CHALLENGE:

Take a moment today when you are walking (even if only to your car) and really get present to your legs in action: notice the movement and connection of your muscles to lift, propel and retract each leg. Notice the feeling of your feet touching the ground from heel to toe. Take your time and walk slowly with deep intention.

Record anything you noticed or became aware of in your journal.

DAY 7

SEXUAL SAFETY

Purpose: Regaining connection and control over our pelvic floor by increasing circulation and intentional movement

WHY THIS WORKS

Utilizing intentional focus and oxygen with a combination of the Ujjayi Breath and pelvic floor constriction and release, we are awakening our sexual centers and purposefully releasing any tension held in this space.

By slowly connecting to and controlling the movement of this area, we send the signal to our brains that we have ownership over this region and it is safe to experience a connection here.

INSTRUCTIONS

1. Find a safe and quiet place where you will be uninterrupted for 10- 15 min. Be sure to have your journal and pen close by.
2. Begin today's practice with dropping into your body with a Somatic Scan. As you move from head to toe, just notice whatever sensations are occurring for you, without making meaning out of it. Follow the provided video for the Somatic Scan.
3. Watch the video for today's exercise and follow along with the example given.

Choose one of the following to integrate this practice:

JOURNAL:

What I noticed when connecting to my pelvis and sexual center in this practice is...

CHALLENGE:

Find at least one moment today to reconnect to your pelvis and reestablish ownership. Breathe in imagining a wave of breath crashing in and expanding and opening your entire core all the way down to your genitals. On the exhale, "zip up" and contract your pelvis and genitals using the ocean sound of the Ujjayi breath.

DAY 8

EYE TRACKING

Purpose: To release tension in the neck, shoulders and eyes, so that you begin to see the world as less of a threat and gain greater body awareness.

WHY THIS WORKS

Our eyes are controlled by 12 extraocular muscles that go all the way down into the suboccipital muscles which encompass the upper cervical vertebrae. The extraocular nerve endings have direct contact with the vagus nerve. Thus, eye movements help to stimulate the vagus nerve, which has the effect of calming the body. The breath, slow body movements, and self-touch in this exercise add to the calming of the nervous system by activating the parasympathetic nervous system.

This exercise also involves subtle stretching of the neck. Your vagus nerve passes through the neck, thus gentle stretching of the neck muscles results in feelings of relaxation through stimulation of the vagus nerve.

INSTRUCTIONS

1. Find a safe and quiet place where you will be uninterrupted for 10- 15 min. Be sure to have your journal and pen close by.
2. Begin today's practice with dropping into your body with a Somatic Scan. As you move from head to toe, just notice whatever sensations are occurring for you, without making meaning out of it. Follow the provided video for the Somatic Scan.
3. Watch the video for today's exercise and follow along with the example given.

Choose one of the following to integrate this practice:

JOURNAL:

When I relax and work the focus of my eyes and gaze, I noticed..

CHALLENGE:

Alongside the practice, also begin to widen your preview. Spend a few mins daily looking in the distance. This will support this practice.

DAY 9

SHAKE IT OFF

Purpose: Purging toxic and stagnant Qi/energy

WHY THIS WORKS

Shaking activates the parasympathetic nervous system and signals the brain to calm, relax and let go. This "bottom-up" approach doesn't require talking about an event, feeling or issue, therefore it bypasses the language and story barriers that can bring up added stress. Moving our body without attachment to words, allows the space for whatever stored or stuck energy is present to move through us and out, without expectation. Shaking also activates the lymphatic system of our body, which helps our body get rid of toxins.

INSTRUCTIONS

1. Find a safe and quiet place where you will be uninterrupted for 10- 15 min. Be sure to have your journal and pen close by.
2. Begin today's practice with dropping into your body with a Somatic Scan. As you move from head to toe, just notice whatever sensations are occurring for you, without making meaning out of it. Follow the provided video for the Somatic Scan.
3. Watch the video for today's exercise and follow along with the example given.

Choose one of the following to integrate this practice:

JOURNAL:

When I allowed my body to release and move during this practice, I noticed....

CHALLENGE:

Bring deliberate focus and connection to any spaciousness that was created after this practice. What part(s) of your body feel most open and liberated? Where specifically is it located? Does this space have a colour, texture or word associated with it?

Once you've connected in with this space and personalized it, make it a practice today to stay with it. See if you can check in on it and tend to it throughout your day. Be mindful to not let something else instantly occupy it; be an advocate for this space and the healing it represents. Journal what you notice.

DAY 10

INTEGRATION

Purpose: To allow the practices and insights to solidify and take shape in your life, before moving on

WHY THIS WORKS

In our addiction to getting more, getting things done quickly, and rushing from one thing to the next, INTEGRATION allows us to slow down and create the space needed for creative energy to bloom. The possibility for embodied wisdom, and ultimately sustainable transformation, happens when we give ourselves SPACE to be with our process. This space also reminds us that it is safe to slow down and take time for ourselves - we are worthy of it.

INSTRUCTIONS

1. Find a safe and quiet place where you will be uninterrupted for 10- 15 min. Be sure to have your journal and pen close by.
2. Begin today's practice with dropping into your body with a Somatic Scan. As you move from head to toe, just notice whatever sensations are occurring for you, without making meaning out of it. Follow the provided video for the Somatic Scan.
3. Watch the video for today's exercise and follow along with the example given.

Choose one of the following to integrate this practice:

JOURNAL:

Once your walk is complete, find a quiet space to journal your findings and anything else presenting after this reflection.

CHALLENGE:

Taking time for yourself to nourish and tend to your body is an essential piece of healing the nervous system. Choose one activity that deliberately gives back to and nourishes your body. It could be an extended shower where you intentionally and lovingly clean and groom and pamper yourself, a sweaty session at the gym, a massage or a nap. BONUS: Check in with your body and see if there are any clear requests for the self-care it desires to experience as part of this integration day.

DAY 11

EXHALE + AFFIRM

Purpose: To signal the body it is safe to let go and open; and then to fill that space with intentionality

WHY THIS WORKS

Exhaling and releasing any tension in the body sends a signal to the brain that it is safe to open and release the need for any hyper vigilance. Once we exhale and create that opening of space, we will be intentionally claiming why it is safe to be who you are by inserting an attention using the phrase "I AM..." Affirmations can help you alter subconscious thoughts which makes it more likely you'll believe that thought and likely act in ways that make your affirmation become reality.

INSTRUCTIONS

1. Find a safe and quiet place where you will be uninterrupted for 10- 15 min. Be sure to have your journal and pen close by.
2. Begin today's practice with dropping into your body with a Somatic Scan. As you move from head to toe, just notice whatever sensations are occurring for you, without making meaning out of it. Follow the provided video for the Somatic Scan.
3. Watch the video for today's exercise and follow along with the example given.

Choose one of the following to integrate this practice:

JOURNAL:

*What I am willing to let go of and release is...
I am safe in who I am because...*

CHALLENGE:

During any moment of stress today, take a long exhale and release any tension in your body. Be sure to get any last drips of air out on that exhale. Then, on the inhale, state your intention from this practice and feel it in your bones. Enter back into the previously stressful moment with this new affirmation and intention at the forefront. Notice how it shifts your experience.

DAY 12

MAKE SPACE

Purpose: To create energetic space around you that is free of stress or tension

WHY THIS WORKS

When we experience trauma or stress, our body naturally constricts as a form of protection. In order to send our body and brain a new signal (of calm and safety) we must intentionally constrict then release all that stored energy in the body. By then pushing that energy out and away from our energetic field, we are creating a space free of any stressful or tense energetic debris. This space allows the nervous system to relax and come back to a felt sense of safety.

INSTRUCTIONS

1. Find a safe and quiet place where you will be uninterrupted for 10- 15 min. Be sure to have your journal and pen close by.
2. Begin today's practice with dropping into your body with a Somatic Scan. As you move from head to toe, just notice whatever sensations are occurring for you, without making meaning out of it. Follow the provided video for the Somatic Scan.
3. Watch the video for today's exercise and follow along with the example given.

Choose one of the following to integrate this practice:

JOURNAL:

*I desire more calm and safe energetic space in the area of...
Until now, I have been unwilling to create that space for myself because...*

CHALLENGE:

What area in your life is asking you for more energetic spaciousness? For more calm, peace, safety and possibility?

Whatever area this may be (relationship, work, parenting, friends, self, etc) do this practice again with that area in mind. Once you get to the end of the practice, notice what that space allows you to see, hear, or sense. What next steps can you take in order to gift yourself the space you are desiring?

DAY 13

SHIFTING HYPER VIGILANCE

Purpose: To see the world and others as less of a threat, with more openness and curiosity and not feel so threatened in the world.

WHY THIS WORKS

Through pendulation and titration, the facing of our fears, vigilance and internalized sense of threat shifts. This exercise works with the parts of us that are stuck in seeing the world as dangerous. By slowly exposing ourselves to the stories that have kept us stuck and integrating somatic movement with these practices, we begin to feel freer in our bodies and are able to access a parasympathetic state more readily.

INSTRUCTIONS

1. Find a safe and quiet place where you will be uninterrupted for 10- 15 min. Be sure to have your journal and pen close by.
2. Begin today's practice with dropping into your body with a Somatic Scan. As you move from head to toe, just notice whatever sensations are occurring for you, without making meaning out of it. Follow the provided video for the Somatic Scan.
3. Watch the video for today's exercise and follow along with the example given.

Choose one of the following to integrate this practice:

JOURNAL:

I can acknowledge that the world is working "for" me by...

CHALLENGE:

Take those positive affirmations and place them on your mirror in the bathroom. Read these out loud twice daily while in a power posture.

DAY 14

RECLAIMING CONTROL

Purpose: To re-empower yourself to know "you can", and create a sense of autonomy in how you move through the world

WHY THIS WORKS

In this practice you are learning to largely work with your implicit memories associated with stored trauma. You are initially working with these memories by giving them expression through the body.

Any stored trauma is given an opportunity to complete the trauma cycle by fully expressing and allowing visceral release. This heals psychological wounds associated with any stored trauma and allows us to experience a sense of wholeness again in mind and body.

INSTRUCTIONS

1. Find a safe and quiet place where you will be uninterrupted for 10- 15 min. Be sure to have your journal and pen close by.
2. Begin today's practice with dropping into your body with a Somatic Scan. As you move from head to toe, just notice whatever sensations are occurring for you, without making meaning out of it. Follow the provided video for the Somatic Scan.
3. Watch the video for today's exercise and follow along with the example given.

Choose one of the following to integrate this practice:

JOURNAL:

What would my world look and feel like if I took greater control of my life...?

CHALLENGE:

Identify something (that feels accessible to you), that you have been saying yes to that truly isn't an authentic yes, and say no to it.

This is a practice of healthy boundaries. Eg. Have been working late hours at work at your detriment.

DAY 15

COMING HOME

Purpose: To learn to self-parent, to learn how to take yourself home, to be less reliant on others and build a body that trusts its capabilities

WHY THIS WORKS

This works with the part of our psyche that is attached to an ideal version of our parents. This expectation places great pressure on the parts of us that yearn to be seen. As a result, we contort ourselves, our relationships, and our lives looking to others for "saving". The truth is we can only "save" and free ourselves. The process of re-parenting allows for a deeper level of self-worth and sovereignty to take place replacing the false idolizing of others with deeper self-respect and self-trust

INSTRUCTIONS

1. Find a safe and quiet place where you will be uninterrupted for 10- 15 min. Be sure to have your journal and pen close by.
2. Begin today's practice with dropping into your body with a Somatic Scan. As you move from head to toe, just notice whatever sensations are occurring for you, without making meaning out of it. Follow the provided video for the Somatic Scan.
3. Watch the video for today's exercise and follow along with the example given.

Choose one of the following to integrate this practice:

JOURNAL:

What must happen in your life for you to feel safe enough to trust your own self and cease to over-rely on others?

CHALLENGE:

Identify one area of your life where you crave validation from someone significant and practice one way to source that need from yourself instead.

DAY 16

TAPPING

Purpose: To release stuck and stagnant energy that has been trapped from emotional trauma and/or shock

WHY THIS WORKS

Tapping allows us to gently and in subtle non-intrusive ways activate the nervous system signaling that it is safe to release any emotion, energy, or physiological trauma the body is fixated on in a holding pattern. Tapping focuses on energy centers that run through the body called meridians, promoting greater circulation throughout the body. The gentle tapping and humming simultaneously indicate to the Amygdala via the Vagus Nerve that the body is safe to enter in to a parasympathetic state. From this place deeper resolution takes place and the possibility of closing old trauma loops is enhanced.

INSTRUCTIONS

1. Find a safe and quiet place where you will be uninterrupted for 10- 15 min. Be sure to have your journal and pen close by.
2. Begin today's practice with dropping into your body with a Somatic Scan. As you move from head to toe, just notice whatever sensations are occurring for you, without making meaning out of it. Follow the provided video for the Somatic Scan.
3. Watch the video for today's exercise and follow along with the example given.

Choose one of the following to integrate this practice:

JOURNAL:

After this practice, I noticed I feel...

CHALLENGE:

Allocate 3-5 mins daily to tap and affirm yourself

DAY 17

HEALING SHAME

Purpose: This somatic practice supports you in releasing the contractions and restrictions we often feel in relationships from unresolved shame

WHY THIS WORKS

The sensation of shame is one that leads to a vigilant and highly activated sympathetic nervous system response. This exercise moves that stuck energy and supports you in breaking through the patterns of shame that you have taken on as an absolute truth of who you are in the world. Movement, breath and sound will support you in experiencing yourself differently, so that you can then genuinely rewrite those stories of limitation.

INSTRUCTIONS

1. Find a safe and quiet place where you will be uninterrupted for 10- 15 min. Be sure to have your journal and pen close by.
2. Begin today's practice with dropping into your body with a Somatic Scan. As you move from head to toe, just notice whatever sensations are occurring for you, without making meaning out of it. Follow the provided video for the Somatic Scan.
3. Watch the video for today's exercise and follow along with the example given.

Choose one of the following to integrate this practice:

JOURNAL:

The shame I still notice I hold onto is...
How this shame affects my life is...
I can see this practice supporting this shame by...

CHALLENGE:

List and journal to the shame you feel in all areas of your life. When you feel safe and ready, share one with a trusted, respected and non-judgmental safe individual. This could be your coach, therapist or dear friend. Shame when revealed in the light dissipates.

DAY 18

CALMING ANXIETY

Purpose: To regulate the nervous system and bring the body into greater calm when and as you consciously desire. Ultimately bringing you into greater control.

WHY THIS WORKS

Meridians are highways in the body that not only connect external body parts that we can see and move, to one another, but also our vital organs to one another. Our organs are made up of cells, which make up tissues. For those body parts and organs to grow in the first place (in the womb during development and throughout our lives), our bodies needed/need more than amino acids/proteins as building blocks. They needed/need ENERGY as well. Qigong moves this energy and clears the path to greater vitality and ultimately trauma release.

INSTRUCTIONS

1. Find a safe and quiet place where you will be uninterrupted for 10- 15 min. Be sure to have your journal and pen close by.
2. Begin today's practice with dropping into your body with a Somatic Scan. As you move from head to toe, just notice whatever sensations are occurring for you, without making meaning out of it. Follow the provided video for the Somatic Scan.
3. Watch the video for today's exercise and follow along with the example given.

Choose one of the following to integrate this practice:

JOURNAL:

What I hold anxiety around most is...

The fear this anxiety is connected to is...

I can bring deliberate direction and action to this area by...

CHALLENGE:

Give thought to and identify all the other areas of your life where you can apply greater empowerment and deliberate direction. Then choose one per week to practice being different with than you have been in the past.

DAY 19

SEE ACCEPTANCE

Purpose: To reacquaint yourself with your body and begin the process of deeper self-love and connection to your appreciation for your body.

WHY THIS WORKS

Psychologically, when we begin to pay more attention to the parts of ourselves we do not like, appreciate or love, we begin to feel more whole. We move into deeper levels of self-love and we see ourselves, others and the world differently. This process can be challenging, but its the persistence through this challenge that forges a new identity and greater self-worth and confidence.

INSTRUCTIONS

1. Find a safe and quiet place where you will be uninterrupted for 10- 15 min. Be sure to have your journal and pen close by.
2. Begin today's practice with dropping into your body with a Somatic Scan. As you move from head to toe, just notice whatever sensations are occurring for you, without making meaning out of it. Follow the provided video for the Somatic Scan.
3. Watch the video for today's exercise and follow along with the example given.

Choose one of the following to integrate this practice:

JOURNAL:

I am grateful for my body because it has served me by...

CHALLENGE:

Write a love letter to one body part of yours. Seal it up. Put it by your bedside, and then re-read it 24 hrs later for 7 days straight

DAY 20

ANCHORING SAFETY

Purpose: To anchor into the brain a safe space in your inner world that can be accessed at any time.

WHY THIS WORKS

Bilateral Stimulation is the use of alternating right, left stimulation (visual, tactile or auditory) and is used to activate and integrate information from the brain's two hemispheres. It works to create electrical activity in different parts of the brain and encourages better communication between the two sides of the brain. That inter-hemisphere communication is key to better emotional processing and regulation. When we pair bilateral stimulation with a calm and safe space, we are increasing our ability to shift our nervous system to access a positive feeling, embodied state of peace, which instructs our nervous system that it is safe to relax.

INSTRUCTIONS

1. Find a safe and quiet place where you will be uninterrupted for 10- 15 min. Be sure to have your journal and pen close by.
2. Begin today's practice with dropping into your body with a Somatic Scan. As you move from head to toe, just notice whatever sensations are occurring for you, without making meaning out of it. Follow the provided video for the Somatic Scan.
3. Watch the video for today's exercise and follow along with the example given.

Choose one of the following to integrate this practice:

JOURNAL:

My safe space is...
It feels like...

CHALLENGE:

Practice bilateral stimulation 3 x per week minimum

DAY 21

VAGAL TONING OF EYES

Purpose: To release tension around the eyes to inform our brain that we needn't be so vigilant

WHY THIS WORKS

The eyes are very important in polyvagal theory. We need to remember that the eyes are not connected to the brain, they are the brain, making them a part of the central nervous system. When we get triggered, our eyes become very focused, and they can feel very tight and strained.

Stress controls our visual field more than we think. When we experience stress, one of the physical changes occurs in our vision. Our pupils dilate, and our vision narrows, which is what we call 'tunnel vision'. This tunnel vision activates the body's stress response - the sympathetic nervous system.

Our eyes are made up of muscles. When we are using our eyes, we are using muscles, meaning we need to give these muscles a rest every now and then. One way to relax the eye muscles is to shut out the light. This allows the optic nerve to easily rest. This is one of the reasons why we need sleep.

INSTRUCTIONS

1. Find a safe and quiet place where you will be uninterrupted for 10- 15 min. Be sure to have your journal and pen close by.
2. Begin today's practice with dropping into your body with a Somatic Scan. As you move from head to toe, just notice whatever sensations are occurring for you, without making meaning out of it. Follow the provided video for the Somatic Scan.
3. Watch the video for today's exercise and follow along with the example given.

Choose one of the following to integrate this practice:

JOURNAL:

As I relax the muscles around my eyes I notice...

CHALLENGE:

Pay attention to the relationships in your life that require this exercise in order for you to view them differently then practice this exercise holding the greatness of that relationship in body and mind.

YOU'RE AMAZING

How do you feel?

I WOULD LOVE FOR YOU TO SHARE YOUR JOURNEY
WITH ME & TAG ME ON IG: [@IAMANNAKRYSTYNA](#)

INTERESTED IN GOING DEEPER?

APPLY TO WORK WITH ME PRIVATELY:
WWW.ANNAKRYSTYNA.COM

WITH LOVE,

A handwritten signature in a dark red color, reading "Anna x". The signature is written in a cursive, flowing style.