

BODYWISE

SOMATIC RESOURCES

FOR THERAPISTS & CLIENTS



I hope you enjoy these somatic resource cards.
You can find more information in the guide.

1. Print (cardstock is best)
2. Cut out cards
3. Laminate if desired

I'd love to hear your experience or
answer your questions!

😊 Annabelle

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FOR THERAPISTS & CLIENTS



ANNABELLE COOTE
MIND BODY MATTERS

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Use the BodyWise cards to help you and your clients develop somatic resources. Increase mind-body awareness and learn to use body-based tools to support the therapy process.

These materials are for informational purposes only and are not intended as therapy or clinical recommendations. Please consult with a mental health and/or medical professional to discuss any concerns about your own health, and seek clinical consultation as needed.

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Visit the website or scan code to download the guide.



WINDOW

The Window of Tolerance (WOT) (coined by Dr. Dan Siegel) describes the emotional and nervous system state when we feel okay, safe enough, and able to respond instead of react.

WINDOW OF TOLERANCE ACTIVITY

Check in with yourself to see if you feel:

In your window: I'm okay. I can cope and things feel manageable, even if I'm having big feelings or a lot going on.

Out of your window, UP (hyperaroused): I feel stressed, anxious, jittery, too many thoughts, can't cope, or other "too up" energy.

Out of your window, DOWN (hypoaroused): I feel shut-down, depressed, sluggish, don't want to cope, or other "too down" energy.

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LONG EXHALE

Inhaling activates the sympathetic nervous system, creating "up energy".

Exhaling activates the parasympathetic nervous system, and brings the energy "down". A longer out-breath supports calm and regulation.

LONG EXHALE ACTIVITY

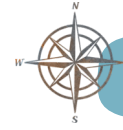
Get comfortable and lengthen your spine.

Inhale through your nose to the count of 4.

Exhale through your nose or pursed lips for a count of 6 or 8.

Repeat several times and see if you can feel a sense of settling.

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ORIENTING

Having a sense of where you are in time & space and knowing what's around you.

Helps you to assess danger and take action. When feeling safe, helps you pay attention to what's important.

ORIENTING ACTIVITY

Use the 5 senses to pay attention to the here & now. What do you see, hear, feel, smell and taste? Can you notice 5 sights, 4 sounds, 3 things you touch, 2 smells and 1 taste?

Look around 360 degrees, turn your head, neck and torso to see what's behind you.

Get curious about what is - and is not - present in the environment.

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GROUNDING

Feeling that you have a foundation beneath you. Feeling rooted and supported.

Calms your energy. Helps you to have a solid base from which to move and grow.

GROUNDING ACTIVITY

Sit comfortably. Feel your seat and back in the chair. Relax and feel the support beneath you and behind you.

Place your feet on the floor and push them into the ground. Lengthen your spine, reaching both down to the earth and up to the sky.

You can also push your palms into your thighs.

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CENTERING

Feeling connected to yourself and sensing that you have a homebase in your own body.

Helps you to move through your life with greater stability and ease.

CENTERING ACTIVITY

Sit, stand, or lie down in a comfortable position. Place one hand on your heart and the other on your belly.

Inhale and exhale gently. Notice your body expand and contract. See if you can sense the strength in your core.

You can reach your hands out way to the sides and then bring them back to your center.

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BOUNDARIES

Guidelines or limits we set for ourselves. Boundaries can be physical, emotional, or other.

Boundaries help us to have clarity about what we do and don't want, and what is acceptable to us for our well-being. They can change.

BOUNDARY ACTIVITY

Sit or stand in a place that is comfortable.

Put your hands, palms out, in front of you. Move your hands forward or back, out to the side, maybe even up or behind you, exploring what feels good as you explore boundaries.

Imagine someone you know sitting or standing in front of you and see if this changes how you make boundaries with your hands.

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CROSS-BODY

Using movement that connects the two sides of our body, or crosses from one side of our body to the other, helps to regulate the flow of energy in our bodies.

It also helps the two sides of our brain communicate and work together better.

CROSS-BODY MOVEMENT ACTIVITY

Stand with hands out to the side. Bring one hand to the opposite knee, while bringing the knee up in a marching motion and then switch to the other side. Repeat several (or many) times. You can also do this seated.

Any motion where one arm or leg crosses to the other side of your body will work, such as swinging your arms from one side to the other.

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SHAKE OFF

Our bodies cope with stress and energy in many ways, including "shaking things off". This is not just an expression!

Shaking movement helps to release tension, bring stress hormones down, and calm the nervous system and the body.

SHAKING ACTIVITY

Stand comfortably with your feet firmly on the ground. Start by shaking your hands, as gently or vigorously as you'd like. Let the motion move into your arms, torso, legs, feet and head. You can also do this seated.

Move how your body wants to, for a few minutes or as long as you'd like. You might imagine shaking something off your body.

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AWARENESS

Increase awareness of your thoughts, your feelings/emotions, and your physical sensations and movement.

Being aware of your experience right in this moment can help you connect with yourself and help you respond in ways that will support you.

MIND-BODY AWARENESS ACTIVITY

Take a few minutes (or longer) to pay attention to yourself with the intention to be curious and non-judgemental.

First, notice your thoughts, both the content and the quality. Next, notice your emotions. Finally, notice your physical sensations and movement.

Pay attention to how the different elements of your experience interact.

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