



# Somatic Starter Pack

5 Somatic Tools You  
Can Use Right Now



BODY LOGIC



# Somatic Starter Pack

5 Somatic Tools You Can Use Tomorrow

## Welcome

This workbook is designed to equip coaches, therapists, and wellness practitioners with practical somatic tools that can be immediately integrated into your practice.

Somatic practices offer a powerful way to connect with the body's innate wisdom and support clients in navigating stress, trauma, and emotional challenges. These tools are evidence-based and trauma-informed, aiming to enhance well-being in a safe and grounded manner.

This workbook includes:

- An introduction to somatic principles
- Five practical somatic tools with step-by-step instructions
- Tips for integration into your existing practice
- Reflection questions to deepen your understanding

## How to Use This Workbook

### 3. Integrate:

Consider how these tools can complement your existing therapeutic modalities. Adapt and modify as needed to suit your client's unique needs and preferences. Apply your professional wisdom to adapt the tools to the client.

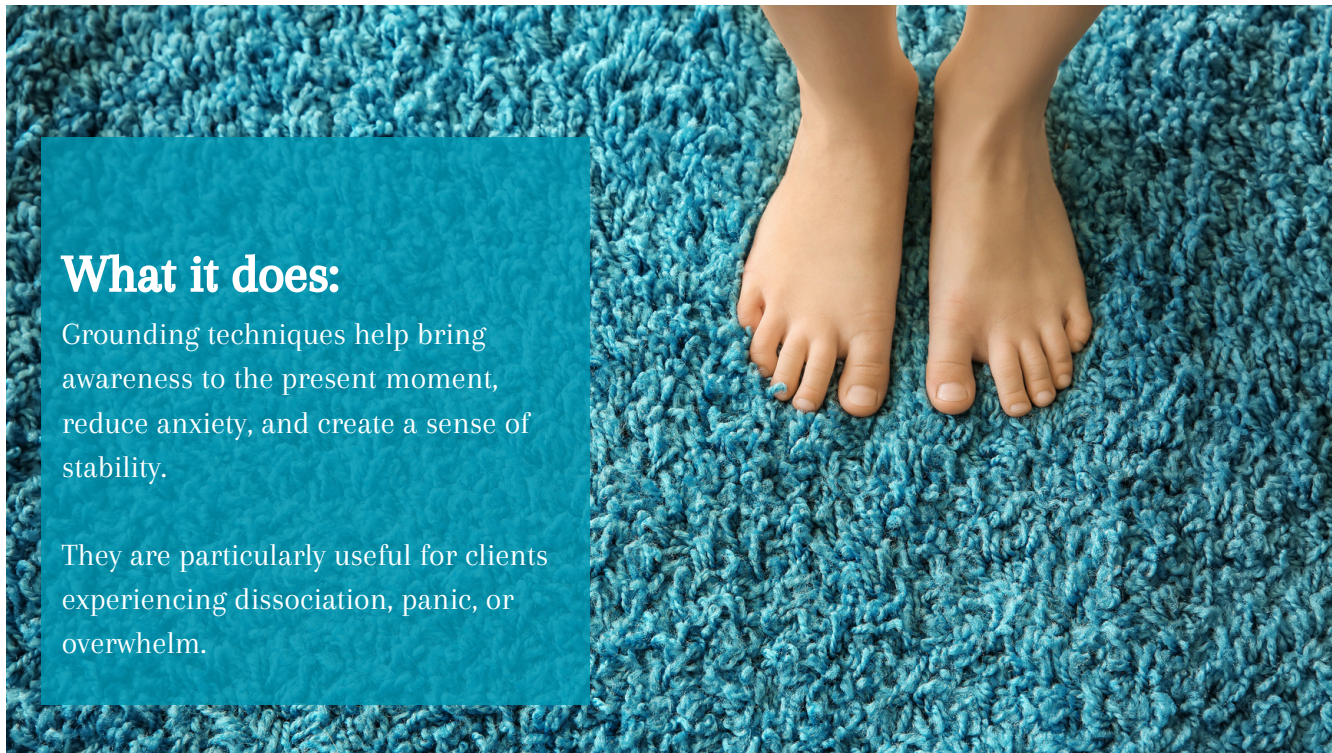
### 1. Read:

Begin by familiarising yourself with the foundational principles and the specific instructions for each tool. Take your time and absorb the information.

### 2. Practice:

Engage with the tools yourself before introducing them to clients. This hands-on experience will deepen your understanding and enhance your confidence. Experiment with the tools personally to integrate them.

**Disclaimer:** The tools presented here are intended to complement, not replace, professional medical or psychological care. Practitioners should use these techniques within the scope of their training and expertise, and always prioritize the client's safety and well-being.



## What it does:

Grounding techniques help bring awareness to the present moment, reduce anxiety, and create a sense of stability.

They are particularly useful for clients experiencing dissociation, panic, or overwhelm.

**Steps:** Find a comfortable position: Sit or stand with your feet firmly planted on the ground.  
Engage your senses:

- 5: Acknowledge five things you can see around you.
- 4: Acknowledge four things you can touch.
- 3: Acknowledge three things you can hear.
- 2: Acknowledge two things you can smell.
- 1: Acknowledge one thing you can taste.



**Notice your breath:** Pay attention to the natural rhythm of your breath, without trying to change it.  
Continue for 5-10 minutes: Or as long as needed until a sense of calm is achieved.

**Tip:** Encourage clients to engage their senses fully and describe what they are experiencing in detail.

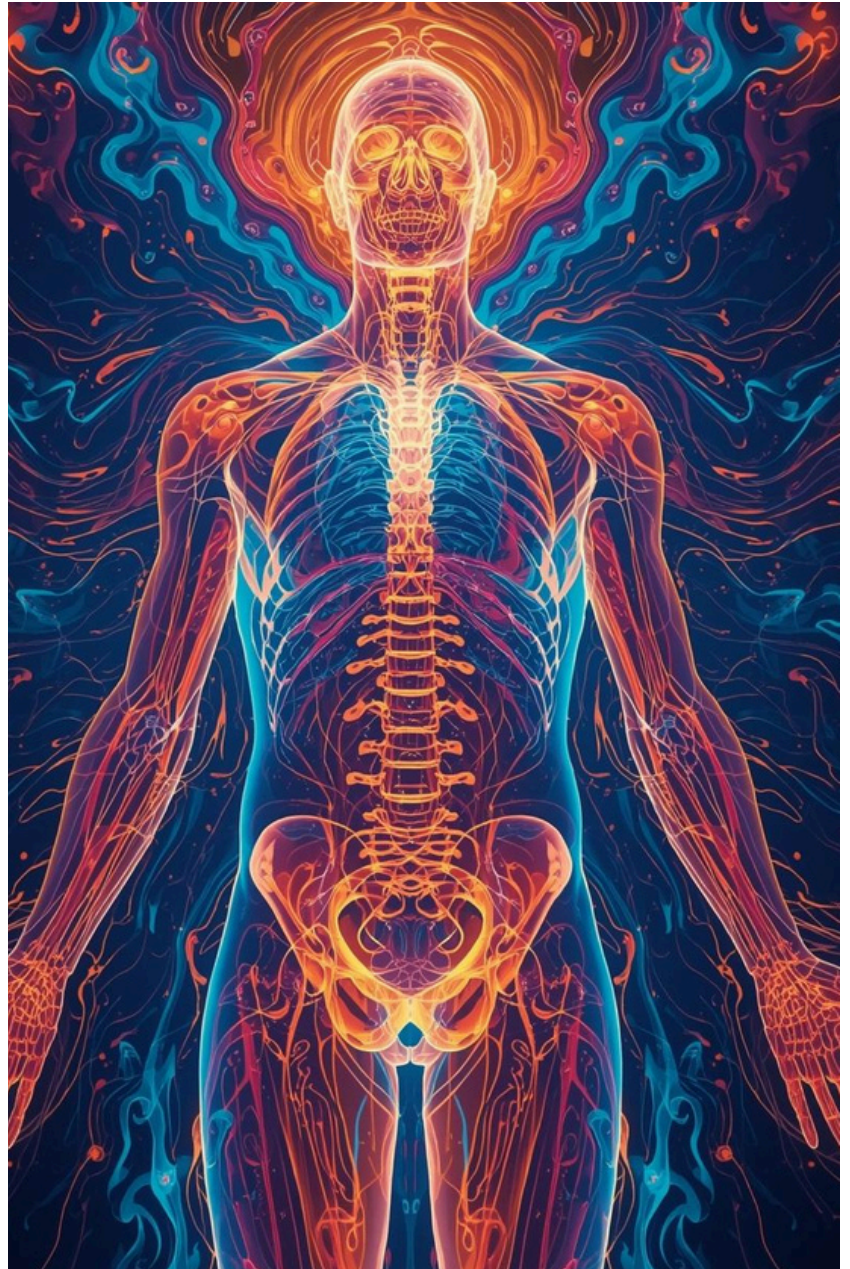
**What it does:**

A body scan promotes interoceptive awareness, helping clients become more attuned to sensations within their bodies. It can aid in identifying areas of tension, discomfort, or emotional holding.

**Steps:**

1. Lie down or sit comfortably: Close your eyes gently.
2. Bring awareness to your breath: Notice the rise and fall of your abdomen.
3. Systematically scan your body: Start with your toes and gradually move upwards, paying attention to each body part. Notice any sensations without judgment.
4. If you encounter discomfort: Simply acknowledge it and breathe into the area, allowing it to soften.
5. Continue for 10-15 minutes: Gently bring your awareness back to the room when you are finished.

**Tip:** Remind clients that there is no right or wrong way to experience the body scan. Encourage them to approach it with curiosity and acceptance.





**Why micro-movement works:** The nervous system responds most effectively to clear, precise sensory input. Tiny, slow movements create high-resolution feedback within the fascia and joints, supporting neuroplastic change without overwhelm.

Because the movements stay well within a sense of safety, the body does not interpret them as a demand or threat, making this tool particularly effective for chronic tension and stress-held patterns.

**Steps:**

1. Choose a single joint or area - Select one area such as the neck, shoulders, hips, or ankles.
2. Begin with minimal movement - Move far less than you think is necessary. The movement may be barely visible.
3. Follow sensation, not form - Let sensation guide the movement rather than aiming for a "correct" shape or stretch.
4. Pause frequently - Stop often and notice any shifts in sensation, temperature, breath, or muscle tone.
5. Allow integration - Give the nervous system time to register change before continuing or finishing the practice.

**Tip:** Less is more. If the movement feels effortful or goal-oriented, slow down further. Micro-movement is most effective when it remains exploratory, comfortable, and non-striving.





### **What it does:**

The orienting response helps reconnect with the environment, promoting a sense of safety and presence. It can be particularly helpful for clients who feel disoriented, hypervigilant, or disconnected from their surroundings.

### **Steps:**

1. Find a comfortable position: Sit or stand with your eyes open.
2. Slowly turn your head: Gently scan your environment, taking in the details of your surroundings.
3. Notice specific objects or features: Pay attention to shapes, colours, textures, and sounds.
4. Allow your gaze to rest: Let your eyes naturally focus on what captures your attention.
5. Continue for 2-3 minutes: Engage with the environment without judgment, simply observing what is present.

**Tip:** Encourage clients to engage all their senses during the orienting response. Invite them to notice smells, sounds, and textures in their environment.

## What it does:

Vagal toning exercises stimulate the vagus nerve, which plays a crucial role in regulating the parasympathetic nervous system. These exercises can promote relaxation, reduce anxiety, and improve heart rate variability.



## Steps:

- 1. Diaphragmatic breathing:** Place one hand on your chest and the other on your abdomen. Inhale deeply, allowing your abdomen to rise. Exhale slowly, allowing your abdomen to fall. Repeat for several minutes.
- 2. Humming or chanting:** Hum a simple tone or chant a mantra. The vibrations stimulate the vagus nerve.
- 3. Cold exposure:** Briefly expose your face to cold water. This stimulates the vagus nerve and promotes a relaxation response.
- 4. Gargling:** Gargle with water for 30 seconds. This activates the vagus nerve and can improve vagal tone.



**Tip:** Combine several vagal toning exercises for optimal results. Encourage clients to explore which techniques resonate most with them.

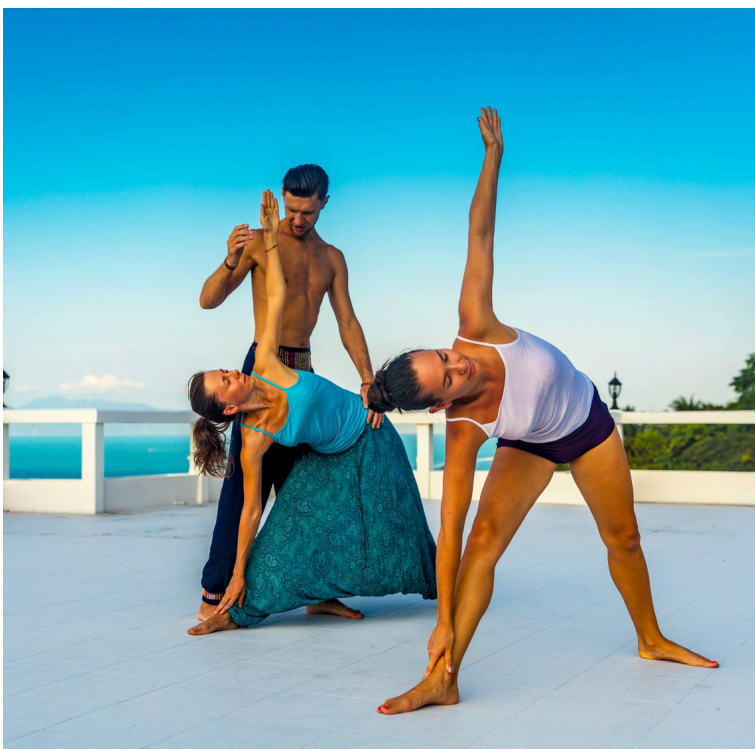


Now that you've explored these five somatic tools, take some time to reflect on how you can integrate them into your practice:

- Which tools resonate most with you and your clients?
- How can you adapt these tools to suit the unique needs of your clients?
- What ethical considerations should you keep in mind when using these tools?
- How will you continue to deepen your understanding of somatic principles and practices?



## Ready to go deeper?



This starter pack introduces the experience of somatic facilitation.

The certification teaches the method, science, and professional application.

**Become a Certified Somatic Release Facilitator**

