

Gentle Reset Workbook

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🌿 A Gentle Guide to Psychosomatic Trauma Release

Reconnecting the body, calming the nervous system, and safely processing stored experiences

🧠 What Is Psychosomatic Trauma?

Psychosomatic trauma refers to emotional experiences that become **stored in the body**, not just the mind. When something overwhelming happens, the nervous system may not fully process it—so the body holds onto it through:

- Chronic tension
- Shallow breathing
- Digestive issues
- Fatigue or numbness
- Unexplained aches or pain

This is rooted in the science of the **mind-body connection** and how the nervous system responds to stress (fight, flight, freeze, fawn).

Healing doesn't just happen through talking—it also happens through **feeling, sensing, and releasing through the body**.

⚠️ Before You Begin

- Go **slow and gently**—this is not about forcing release
- If something feels overwhelming, **pause and ground yourself**
- These practices are supportive, not a replacement for therapy
- Encourage choice, control, and safety at all times

🌬️ 1. Breath + Body Awareness (Foundational Reset)



A Step-By-Step Guide to Diaphragmatic Breathing

Step 1
Sit or lie down in a comfortable position on a flat surface.



Step 2
Sit up straight and pull your shoulders back to relax them.



Step 3
Put one hand on your chest and one hand on your stomach.



Step 4
Breathe in through your nose for about two seconds.



Step 5
Purse your lips, press gently on your stomach, and exhale.



Step 6
Repeat these steps several times for the best results.





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Why it works:

Trauma often disrupts breathing patterns. Slow, intentional breathing signals safety to the nervous system.

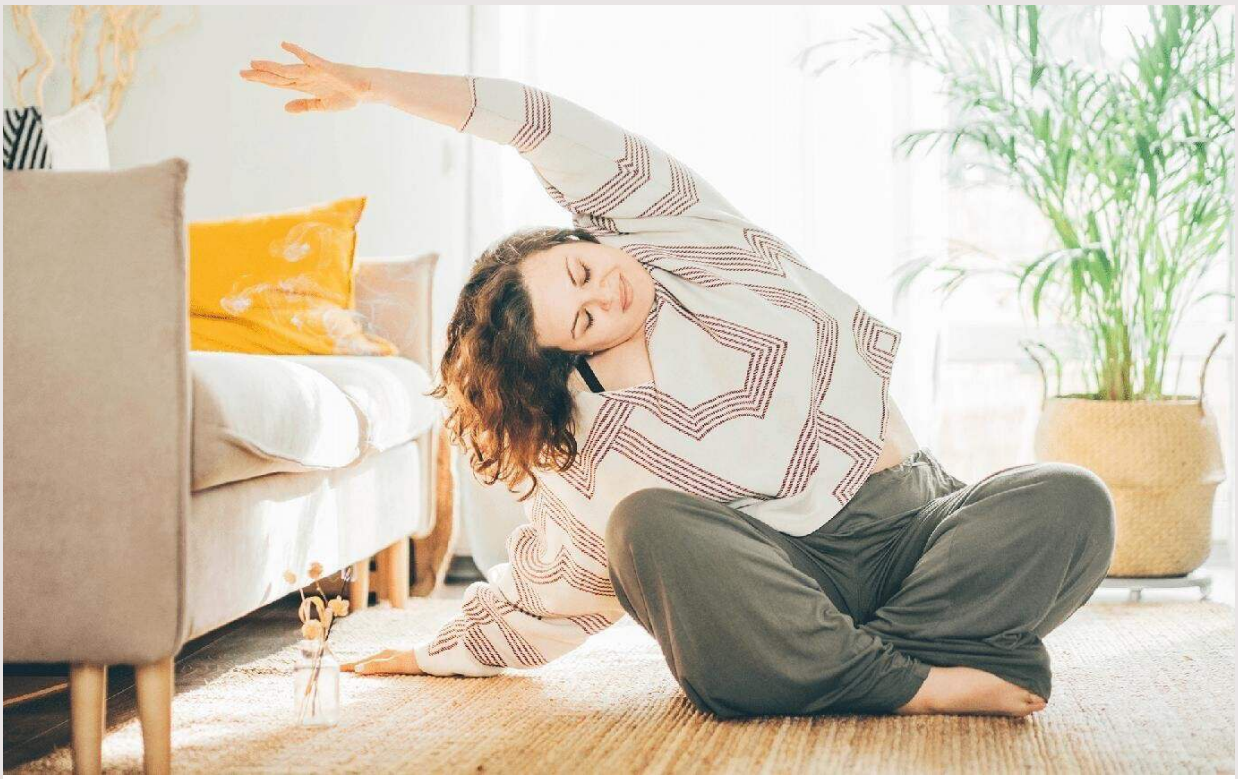
Exercise:

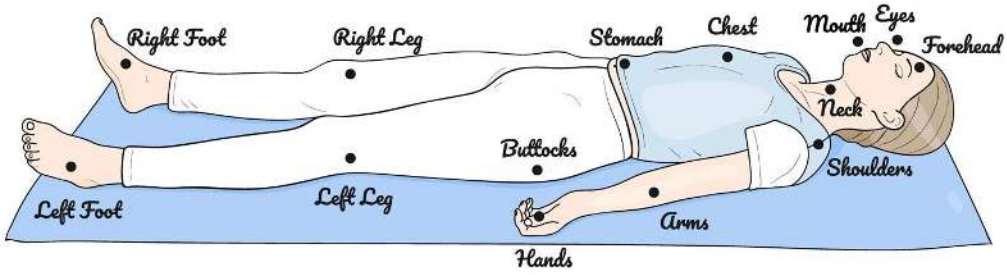
1. Place one hand on your chest, one on your stomach
2. Inhale slowly through your nose (4 seconds)
3. Let your stomach rise, chest stays relatively still
4. Exhale slowly through your mouth (6 seconds)
5. Repeat for 3–5 minutes

Journal Prompts:

- What did I notice in my body when I slowed my breath?
- Where do I feel tension right now?
- What emotions feel closest to the surface?

🌀 2. Body Scanning (Reconnecting With Sensation)





Progressive Muscle Relaxation

Body Awareness

The body awareness technique will bring you into the here-and-now by directing your focus to sensations in the body. Pay special attention to the physical sensations created by each step.

1. Take 5 long, deep breaths through your nose, and exhale through puckered lips.
2. Place both feet flat on the floor. Wiggle your toes. Curl and uncurl your toes several times. Spend a moment noticing the sensations in your feet.
3. Stomp your feet on the ground several times. Pay attention to the sensations in your feet and legs as you make contact with the ground.
4. Clench your hands into fists, then release the tension. Repeat this 10 times.
5. Press your palms together. Press them harder and hold this pose for 15 seconds. Pay attention to the feeling of tension in your hands and arms.
6. Rub your palms together briskly. Notice and sound and the feeling of warmth.
7. Reach your hands over your head like you're trying to reach the sky. Stretch like this for 5 seconds. Bring your arms down and let them relax at your sides.
8. Take 5 more deep breaths and notice the feeling of calm in your body.

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Why it works:

Trauma can cause disconnection from the body. This exercise rebuilds awareness safely.

Exercise:

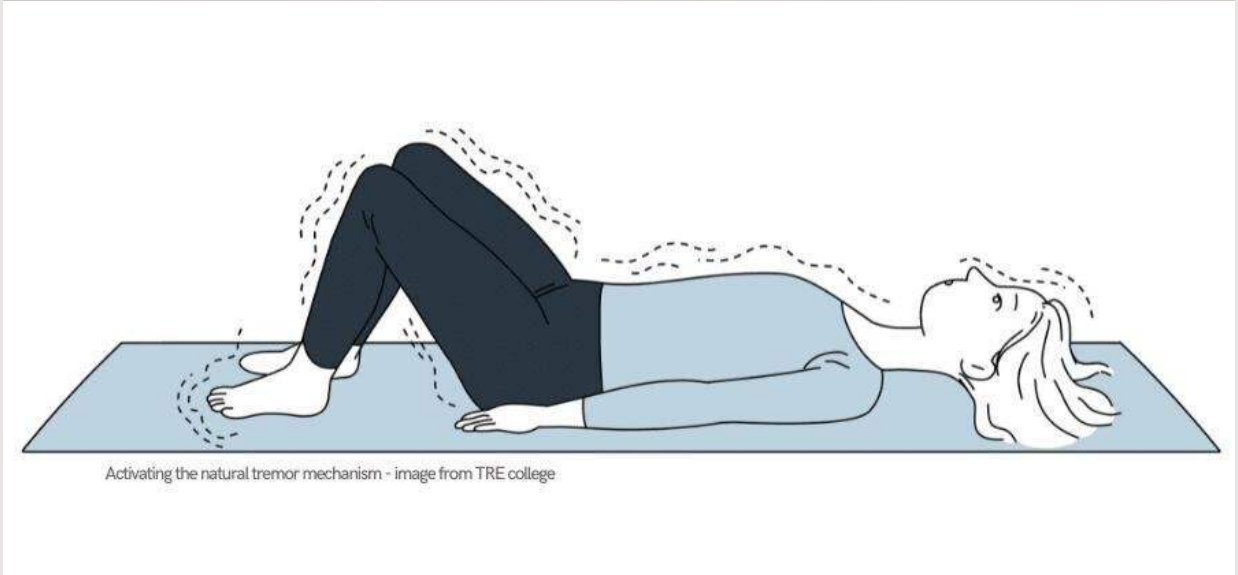
- Sit or lie down comfortably
- Slowly bring attention from head → toes
- Notice sensations without judgment (tightness, warmth, numbness)
- If discomfort arises, just observe—no need to fix

Journal Prompts:

- Which part of my body feels most "alive"? Which feels numb?
- If this sensation could speak, what would it say?
- What surprised me during this scan?

⚡ 3. Grounding Through Movement (Releasing Stored Energy)





Activating the natural tremor mechanism - image from TRE college



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Why it works:

The body often holds incomplete stress responses. Movement helps “complete” them.

Exercises:

Option A: Gentle Shaking

- Stand with knees slightly bent
- Gently shake your arms, legs, and body for 1–2 minutes

Option B: Slow Stretching

- Stretch slowly while breathing deeply
- Focus on areas of tightness

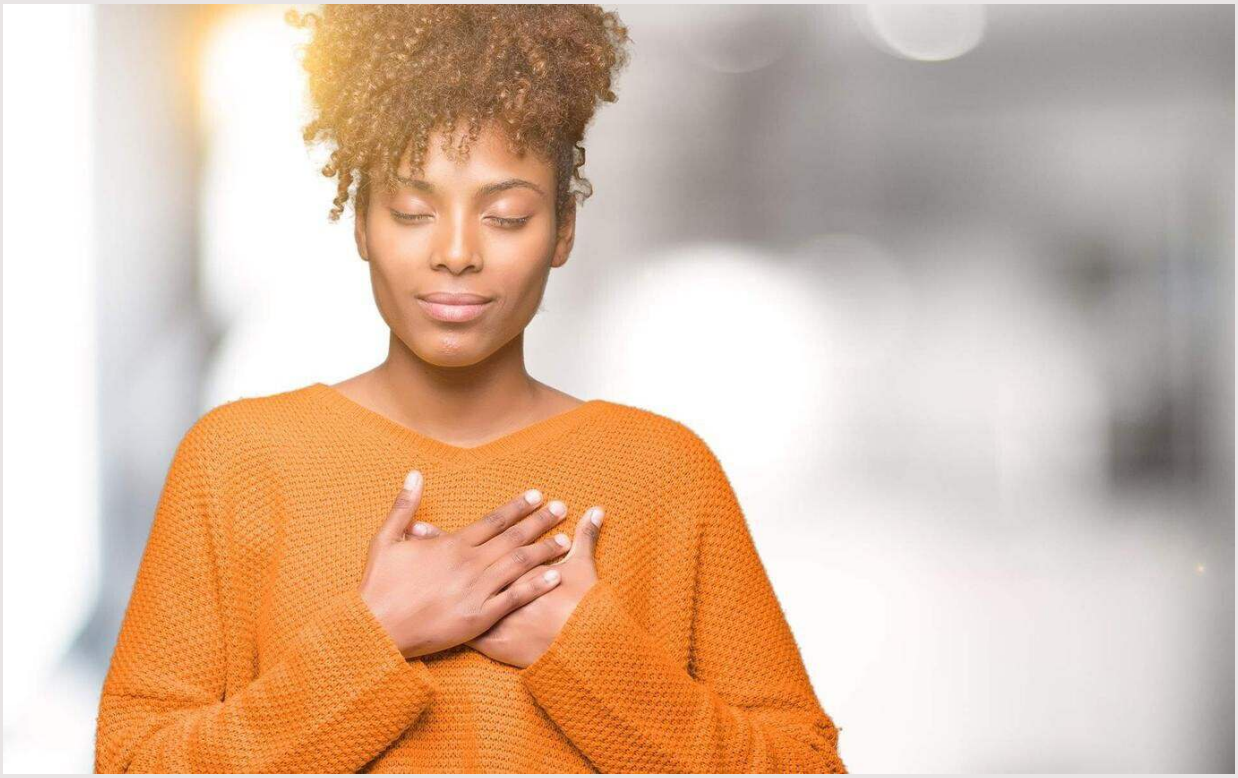
Option C: Grounding Walk

- Walk slowly, noticing each step
- Pay attention to contact with the ground

Journal Prompts:

- What changed in my body after moving?
- Did any emotions come up unexpectedly?
- Where do I feel more or less tension now?

🤲 4. Self-Soothing Touch (Restoring Safety)







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Why it works:

Safe touch releases calming neurochemicals and builds a sense of internal safety.

Exercises:

- Place a hand over your heart or stomach
- Gently press or rub your arms
- Give yourself a light hug

Pair with affirmations like:

- “I am safe right now”
- “My body is allowed to relax”

Journal Prompts:

- How did my body respond to gentle touch?
- Was it comforting or uncomfortable? Why?
- What does “safety” feel like in my body?

🔥 5. Emotional Release Through Expression







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Why it works:

Unexpressed emotions often stay trapped in the body.

Exercises:

- Write freely without censoring (stream of consciousness)
- Cry if emotions arise—this is a natural release
- Use art, music, or voice (humming, sighing)

Journal Prompts:

- What have I been holding in that needs expression?
- If I could say anything without fear, what would it be?
- What emotion feels hardest to allow?

🌱 6. Pendulation (Moving Between Safety & Discomfort)

Why it works:

A core concept in **Somatic Experiencing**, pendulation helps the nervous system process trauma without overwhelm.

Exercise:

1. Notice a place of discomfort in your body
2. Then shift attention to a place that feels neutral or safe
3. Gently move back and forth between the two

Journal Prompts:

- What does “safe” feel like in my body?
- How intense did the discomfort feel when I returned to it?
- Did moving between sensations make it more manageable?

🌼 Closing Reflection

Healing trauma through the body is not about forcing release—it’s about **creating enough safety for the body to let go on its own**.

Small, consistent practices can lead to:

- Increased emotional regulation
- Reduced physical tension
- Greater connection to self

🗒️ Optional Daily Practice (10–15 minutes)

- 3 minutes: Breathing
- 3 minutes: Body scan
- 3 minutes: Movement
- 3 minutes: Journaling

🌿 A Gentle Guide to Psychosomatic Trauma...

In "A Gentle Guide to Psychosomatic Trauma Release," discover how to reconnect with your body and calm your nervous system to safely process stored emotional experiences. This insightful guide offers gentle exercises and reflective prompts that encourage healing through breath, movement, and self-soothing touch, empowering you to release trauma at your own pace. Embrace a holistic approach to wellness that fosters emotional regulation and a deeper connection to yourself.

