

SOMA:HOME

a 6 week deep-dive into befriending
your body and mind. Facilitated by Erica Webb

Nervous System Nurture Practices

The practices on the following sheet are some ideas for simple ways to show your nervous system some love. The goal is **not** to do all of them, but to explore which you find helpful and when.

You will find guided versions of the following in the SOMA:HOME resource area:

- Self-compassion audio
- Somatic movement sessions (several to choose from)
- The basic exercise

It's important to treat these exercises with **curiosity**. No one size fits all - so trust yourself and your own experience. If you don't like how it makes you feel, let it go.

NERVOUS SYSTEM NURTURE PRACTICES

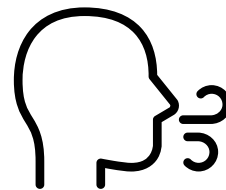
Self-Compassion

Whether it's 30 seconds or several minutes, can you meet yourself with compassion in your challenges? If it helps, send compassion out first - then turn those same feelings toward yourself.



Rhythmic Breathing

Sit or lay down and breathe in for 5 counts, out for 5 counts (or a shorter count if 5 is uncomfortable). Spend 1 to 5 minutes here, noticing how you feel before, during and after.



Ground

Stand or sit with your feet on the floor (or go outside barefoot in the grass). Notice your feet meeting the ground. Attend to those sensations. You might walk slowly or sway.



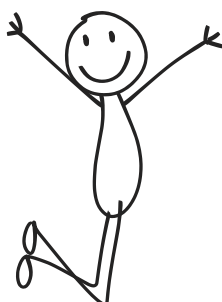
Somatic and Sensory Pause

Pause to notice your soma and what you can see, hear, touch, smell and taste. Move your body and notice that you can sense that. Thoughts and mental imagery can be noticed too. All with a sense of curiosity and compassion.



Move

Go for a walk. Do a somatics session. Dance. Shake. Sway. Bounce.



The basic exercise

A little love for the vagus nerve. Sit or lay with your hands clasped behind your head, thumbs at the base of your skull. Turn your eyes to the right without turning your head. Stay here for up to 60 seconds before turning your eyes to the left.

