

Therapist Name:

*Somatic Therapy Self Regulation*

Client Name:

Today's Date:

Somatic therapy is a type of therapy that emphasizes the connection between the mind and body. Self-regulation is an important aspect of somatic therapy, as it involves developing the ability to regulate one's own nervous system and emotions. This Somatic Therapy Self Regulation Worksheet will help you identify tools that best help you calm yourself down by yourself.

<p><b>Breathing Exercises</b></p> <p>Practice breathing exercises that help you calm down and relax. Describe how you feel after.</p>	
<p><b>Body Sensations</b></p> <p>Tune in to your body sensations. Notice how you feel and where you feel these sensations. After observing your body sensations, describe how you feel after.</p>	
<p><b>Mindfulness</b></p> <p>Mindfulness is the practice of paying attention to the present moment without judgment. Describe how you feel after practicing.</p>	
<p><b>Visualization</b></p> <p>Think about you going to a calm, peaceful place. Think about each of your 5 senses in this place. Describe how you feel after.</p>	
<p><b>Movement</b></p> <p>By engaging in movement, such as yoga or dance, you can release tension and increase feelings of relaxation and wellbeing. Describe how you feel after.</p>	
<p>Which of the self-regulation technique(s) made you feel best? Write down your thoughts.</p>	