



STEFFEN
COUNSELING SERVICES

3 Gentle Somatic Techniques You Can Practice at Home

Somatic practices invite you to notice the connection between your body, emotions, and present-moment experience. These simple exercises can be explored at your own pace. You do not need to do them perfectly, or do all of them.

1. Notice Your Surroundings

When you feel distracted or overwhelmed, gently bring your attention to the environment around you.

- Look around and notice a few objects, including their colors, shapes, or textures. • Listen for sounds near you and farther away.
- If comfortable, notice the support of the chair beneath you or the floor beneath your feet.

Why try it? This practice brings attention to your current surroundings without requiring you to focus inward.

2. Check In With Your Body

Pause briefly and notice whether you can sense tension, warmth, pressure, movement, or other physical sensations.

- You do not need to explain or interpret what you notice.
- Simply acknowledging a sensation can be enough.
- If focusing on your body feels uncomfortable, shift your attention back to your surroundings.

3. Find a Comfortable Position

Notice how you are sitting or standing. If you would like, make a small adjustment that feels natural.

- Relax your hands, adjust your posture, or gently move your shoulders if that feels comfortable.
 - There is no perfect posture or correct sensation to achieve.
- Give yourself permission to make small changes—or to stay just as you are.

A Few Important Reminders

These exercises will not feel helpful to everyone, and you do not need to push through discomfort. If a practice increases distress, stop and try something that feels more supportive. A qualified therapist can help you decide which techniques may be appropriate for your needs.