

5-STEP SOMATIC STRESS RELEASE SEQUENCE

A Minimalist Visual Guide to Nervous System Regulation



1. Body Scanning

Bring internal awareness to your physical form. Sit comfortably and mentally scan your body from head to toe, noting zones of tightness, warmth, or holding without judging them.



2. The "Voo" Sound

Inhale naturally, then create a deep, sustained, low-pitched hum vibrating "Vooo" from your abdomen. Feel the resonance soothe your vagus nerve during a slow, full exhalation.



3. Havening Touch

Cross your arms and gently stroke downward from the tops of your shoulders to your elbows. Apply a reassuring, continuous pressure to trigger delta waves and safety signals in the brain.



4. Physiological Sigh

Take two rapid inhalations through your nose—one deep breath, followed immediately by a sharp second sniff to completely inflate the lungs. Release with a long, passive sigh through the mouth.



5. Orienting

Let your eyes slowly wander around your physical space. Allow them to rest naturally on objects that feel safe or visually neutral. This signals your nervous system that you are secure right now.

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