



3 Easy Ways to Release
Trauma
In Your Body

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THREE STEPS

"Anxiety's like a rocking chair. It gives you something to do, but it doesn't get you very far."

by Jodi Picoult



GET OUT OF YOUR HEAD

When it comes to releasing trauma, there are three transformative steps that can make a world of difference. The first step is all about raising awareness of being stuck in your head. It's like realizing that you've been lost in a never-ending maze of thoughts and worries, and gently bringing yourself back to the present moment.

GET INTO YOUR BODY

The second step involves learning how to reconnect with your body. Think of it as finding your way back home, where you can use your breath, movement, or sensory experiences to ground yourself and feel more centered.



NAME YOUR EMOTIONS

The third step is about acknowledging and naming your emotions. It's like giving a voice to what you're feeling, creating a sense of validation and understanding. By practicing these steps, you can embark on a powerful journey of healing and growth, unraveling the knots of anxiety and finding a greater sense of peace within yourself.

HRV



Awareness

STEP 1

This is the beginning of something good.

As we embark on the journey of releasing trauma, the first step is to raise awareness of being stuck in our own heads. It's like becoming aware of being lost in a never-ending maze of thoughts, worries, and doubts that keep us from fully living in the present moment. Our journey towards healing and wellness begins with this first step, where we learn to be present and curious in the moment, and allow our inner wisdom to guide us towards a brighter, more fulfilling future. The tool we will use to bring that awareness is HRV which stands for Heart Rate Variability.



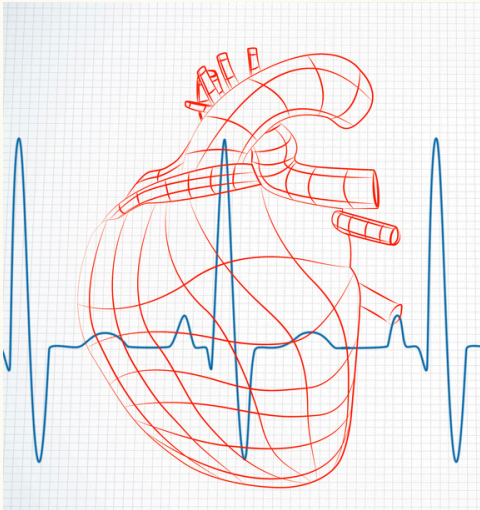
By knowing your HRV number, you gain valuable insight into your body's stress response and resilience. It can help you gauge if you're in a state of heightened anxiety or if your body is in a calmer, more balanced state. Armed with this knowledge, you can then work on specific techniques and interventions to enhance your HRV, such as deep breathing exercises and mindfulness practices. Understanding your HRV number empowers you to take charge of your anxiety and cultivate a more harmonious symphony within.

Find a device that works for you.



Recommended Apps: Visible (long covid), Welltory, Elite HRV, HRV4Training, Apple Health

Devices: Apple watch, Oura ring, WHOOP, Polar or Garmin Chest Strap, HeartMath Device, Scosche Rhythm 24, FitBit, Lief



start tracking your HRV daily to get a biological reading of how you are managing stress.

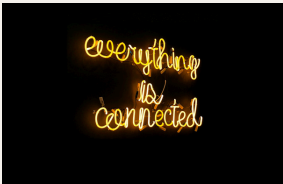
Somatics



Get In Your
Body

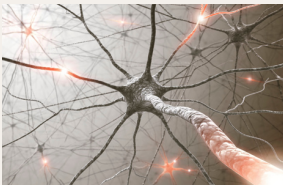
STEP 2

The Importance of the Body



Everything is Connected

Like a delicate tapestry where every thread weaves into another, our bodies are a symphony of connections—mind, body, and spirit intricately intertwined. In the sacred dance of life, managing anxiety begins not in the chaos of our thoughts, but by grounding ourselves in the sanctuary of our bodies. It is here, in the whispers of our sensations, the beating of our hearts, and the rhythm of our breath, that we find the gateway to peace and inner harmony.



Vagus Nerve

The vagus nerve as a wise messenger that connects your brain and various organs throughout your body, like a superhighway of communication. This remarkable nerve plays a crucial role in regulating your body's stress response and calming your nervous system. When anxiety strikes, the vagus nerve may become imbalanced, leading to heightened feelings of stress and unease. By engaging in specific movements and techniques that we will explore together, you can stimulate and restore the vagus nerve's equilibrium, soothing your body and mind.



Breathing

When anxiety takes hold, our breath often becomes shallow and rapid, creating further tension in the body. But by practicing intentional, conscious breathing, we can activate the parasympathetic nervous system—a soothing antidote to anxiety. Deep, slow breaths send a signal to your body that all is well, encouraging your heart rate to decrease and your muscles to relax. It's like tapping into your own personal oasis of calm amidst the chaos.

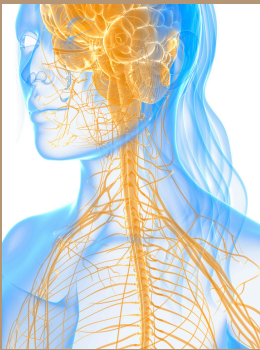
Somatic Movements



Click the image to view and practice to the movement routine



Surf your nervous system

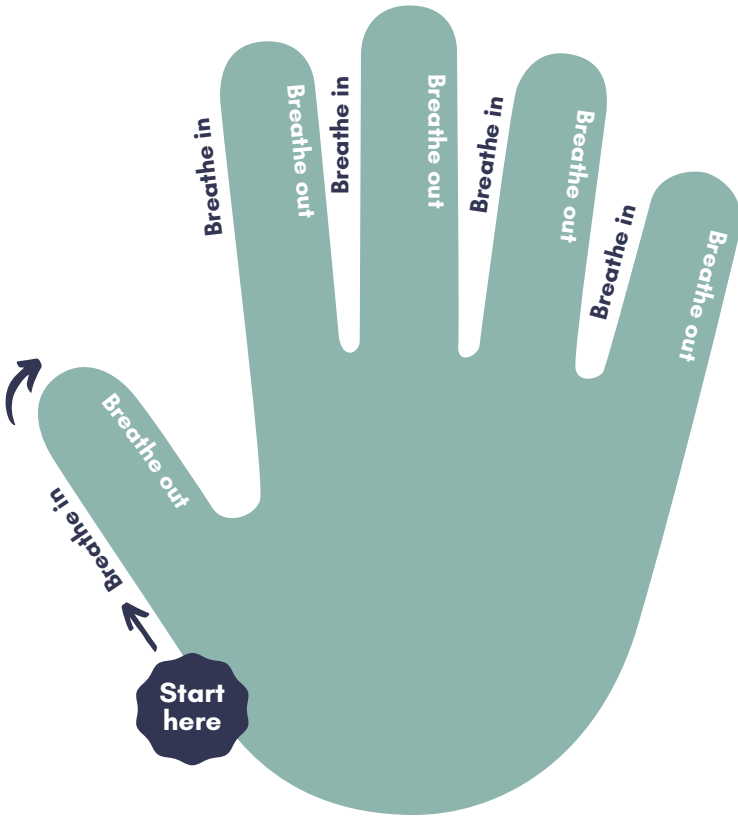


Vagus Nerve Reset



SOS - Stuck in survival or
in your head

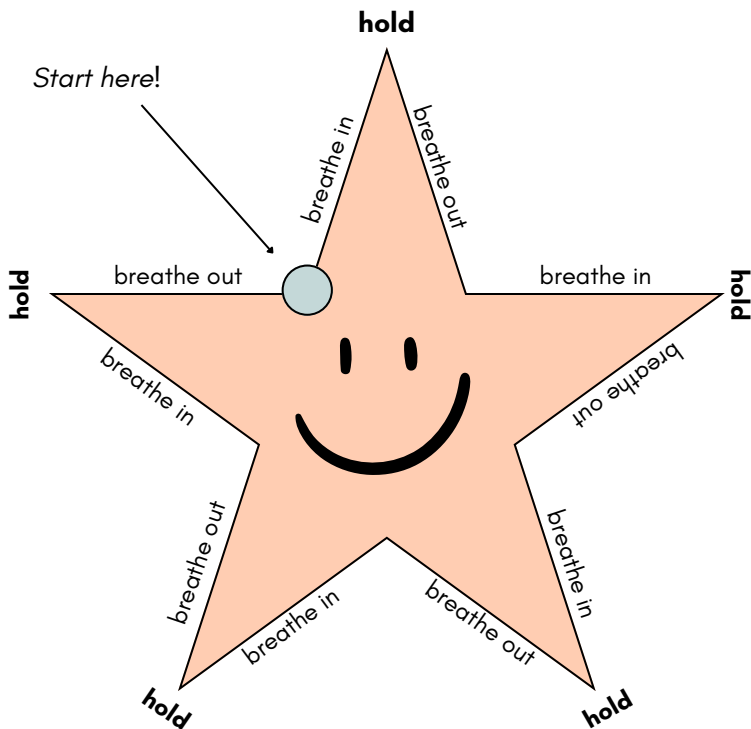
CALM YOURSELF WITH A
5 FINGER BREATHING
BRAIN BREAK



Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down. You can also do this breathing exercise using your own hand. Focus on noticing the sensations you feel.

CONTROLLED *breathing*

Starting on the dot, follow the breathing prompts while you trace your finger around the star in a clockwise direction. Focus on where your breath goes as you trace the line rather than counting or if you are doing it "correct" or not.

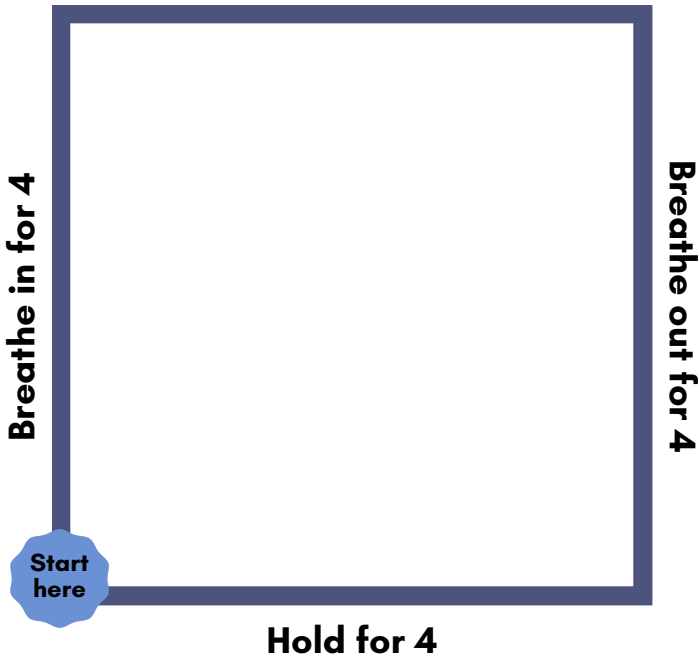




SQUARE BREATHING

BRAIN BREAK

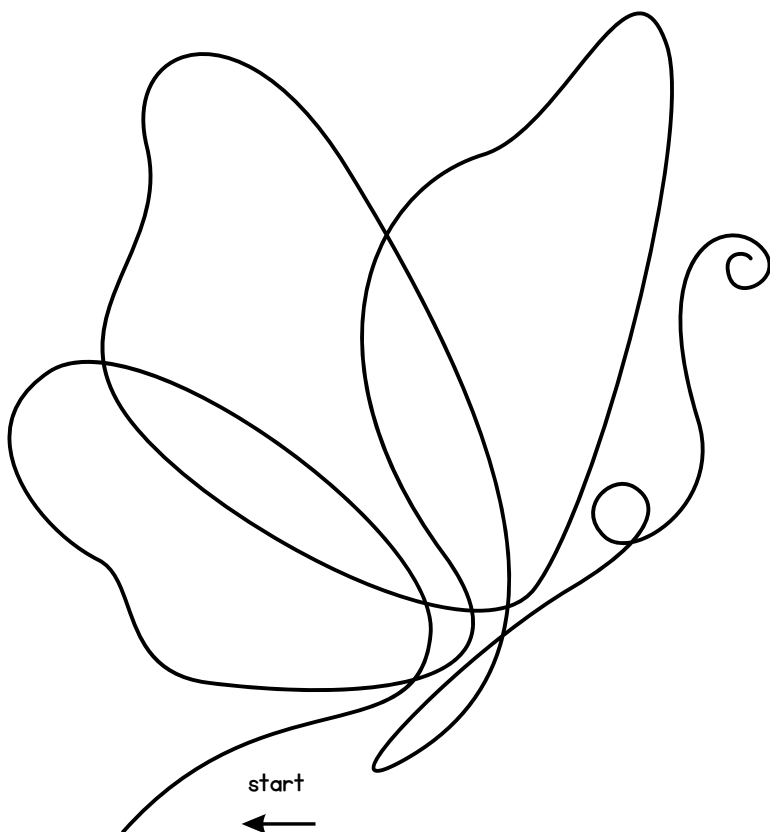
Hold for 4



Start at the bottom left of the square. Trace your finger up the side, while you take a deep breath in through your nose. Hold your breath for four seconds as you trace the second side. Breathe out through nose or mouth as you slide down the other side. Hold your breath for four seconds, as you trace the bottom of the square. Repeat 3x

CALMING CARDS

Use your finger to trace along the line while you focus on breathing in and out. Be sure not to hold your breath as you trace.



Emotions



Name that
Emotion

STEP 3

The Importance of Naming Emotions

The benefits of naming emotions

Picture your emotions as gentle waves, ebbing and flowing within the vast ocean of your being. When we take the courageous step to name these feelings, we offer ourselves a gift of recognition and validation, an acknowledgment that our emotions are valid and worthy of attention. In the midst of anxiety's turbulent waters, this act of naming becomes a beacon of light, guiding us towards a place of inner calm and centered presence.

By engaging in simple exercises to identify and label our emotions, we initiate a sacred process of release and letting go. It is in this sacred dance of naming and letting be that we pave the way for healing, growth, and a profound sense of liberation.

How to get started

1. **Pause and Breathe:** Whenever you feel a wave of emotion rising within you, take a gentle pause. Close your eyes, place a hand over your heart, and breathe deeply into the present moment. Allow yourself to feel the sensations in your body, the whispers of your soul. By grounding yourself in this moment, you create a space for awareness to blossom.
2. **Identify and Name:** As you center yourself, gently inquire into the emotion that is present. Is it a soft murmur of sadness, a fierce spark of anger, or a gentle wave of joy? Without judgment, simply acknowledge the feeling that is surfacing within you. Give it a name, honoring its presence with compassion and curiosity.
3. **Reflect and Release:** Once you've named the emotion, take a moment to reflect on its roots. What triggered this feeling within you? What messages does it hold for your growth and understanding? With this newfound awareness, practice the art of releasing. Visualize the emotion gently dissipating like a cloud in the vast sky, allowing space for peace and clarity to flow in.




NAME THAT EMOTION



Naming Emotions






Naming our emotions helps us understand what we are feeling and why we are feeling like that. By labelling emotions we learn to regulate them

- Label the emotions and think about what they make you want to do

Emotion	I feel	It makes me want to
		<hr/> <hr/> <hr/>
		<hr/> <hr/> <hr/>
		<hr/> <hr/> <hr/>
		<hr/> <hr/> <hr/>
		<hr/> <hr/> <hr/>










Express your feelings

Use your favorite colors to bring these emojis to life!
Have fun expressing different feelings through colors. Remember, it's okay to feel all these emotions sometimes, and coloring can help you understand them better.

Emotion	Emoticon Pictogram	When do you feel like this?
Happy		
Sad		
Surprised		
Angry		
Calm		

Emotions

Look at the pictures and circle the word that demonstrates the emotion

 <input type="checkbox"/> EXCITED <input type="checkbox"/> WORRIED	 <input type="checkbox"/> JOYFUL <input type="checkbox"/> SATISFIED
 <input type="checkbox"/> TIRED <input type="checkbox"/> AMUSED	 <input type="checkbox"/> PROUD <input type="checkbox"/> IRRITATED
 <input type="checkbox"/> CONFUSED <input type="checkbox"/> GRATEFUL	 <input type="checkbox"/> SURPRISED <input type="checkbox"/> HAPPY
 <input type="checkbox"/> HUNGRY <input type="checkbox"/> ANGRY	 <input type="checkbox"/> MOODY <input type="checkbox"/> TIRED
 <input type="checkbox"/> SLEEPY <input type="checkbox"/> FRUSTRATED	 <input type="checkbox"/> FED UP <input type="checkbox"/> SURPRISED

The Next Steps



1 Track Your Morning HRV

Start bringing more awareness to your autonomic nervous system by tracking your HRV daily for at least 4 weeks. The aim is for you to improve your AVG score from week to week.



2 Practice the Somatic Movements

Practice each of the somatic movements at least 3x each to take notice how they feel in your body. If you can track your HRV before and after the movements to notice how it feels for your nervous system. You may not be able to rely on how you feel as you begin the process of befriending your nervous system.



3 Complete the Emotions Worksheets

The emotions worksheets will help you begin the process of acknowledging how different emotions feel in your body and how you recognize them. This process will help you connect the dots between your mind and body.



4 Restore Your Balance

If you're enjoying the content in this workbook you will LOVE the Restoring Balance self paced course. It's an opportunity for you to continue practice more trauma informed movements to deepen your healing and expand your resilience.

TOOLS & RESOURCES

click the title for external links

- 01 **MIGHTY NETWORK COMMUNITY**
You'll gain access to a supportive tribe of like-minded individuals and expert wellness resources that can help you on your journey towards holistic well-being.

- 03 **CONNECTING WITH THE THOM'S PODCAST**
Our podcast allows you to tap into the transformative power of authentic conversations and insights inspiring you to explore emotional healing and physical well-being in a holistic transformative way.

- 02 **RESTORING BALANCE SELF PACED COURSE**
Release the tension stored in the body from years of battling anxiety, PTSD, chronic fatigue, or even migraines. This course will show you simple ways to start befriending your body to feel like you again.

- 04 **INNER CIRCLE**
Provides an opportunity to engage in a supportive community-based practice that promotes emotional healing and holistic wellness, leaving you feeling empowered and inspired to continue your journey towards inner transformation.

HOW TO REACH ME

✉ Email	admin@fitomize.ca
🌐 Website	fitomize.ca



About JULIE

- I am mother, a coach, a trainer, a motivator, and an educator. I love to be in nature especially barefoot.
- 20+ years experience working with the human body and mind
- Highly educated- BS, MA, PhD (abd), over 40+ certifications, courses and workshops
- Specialize in healing your mind and body using natural movement



DO YOU NEED
MORE HELP?

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