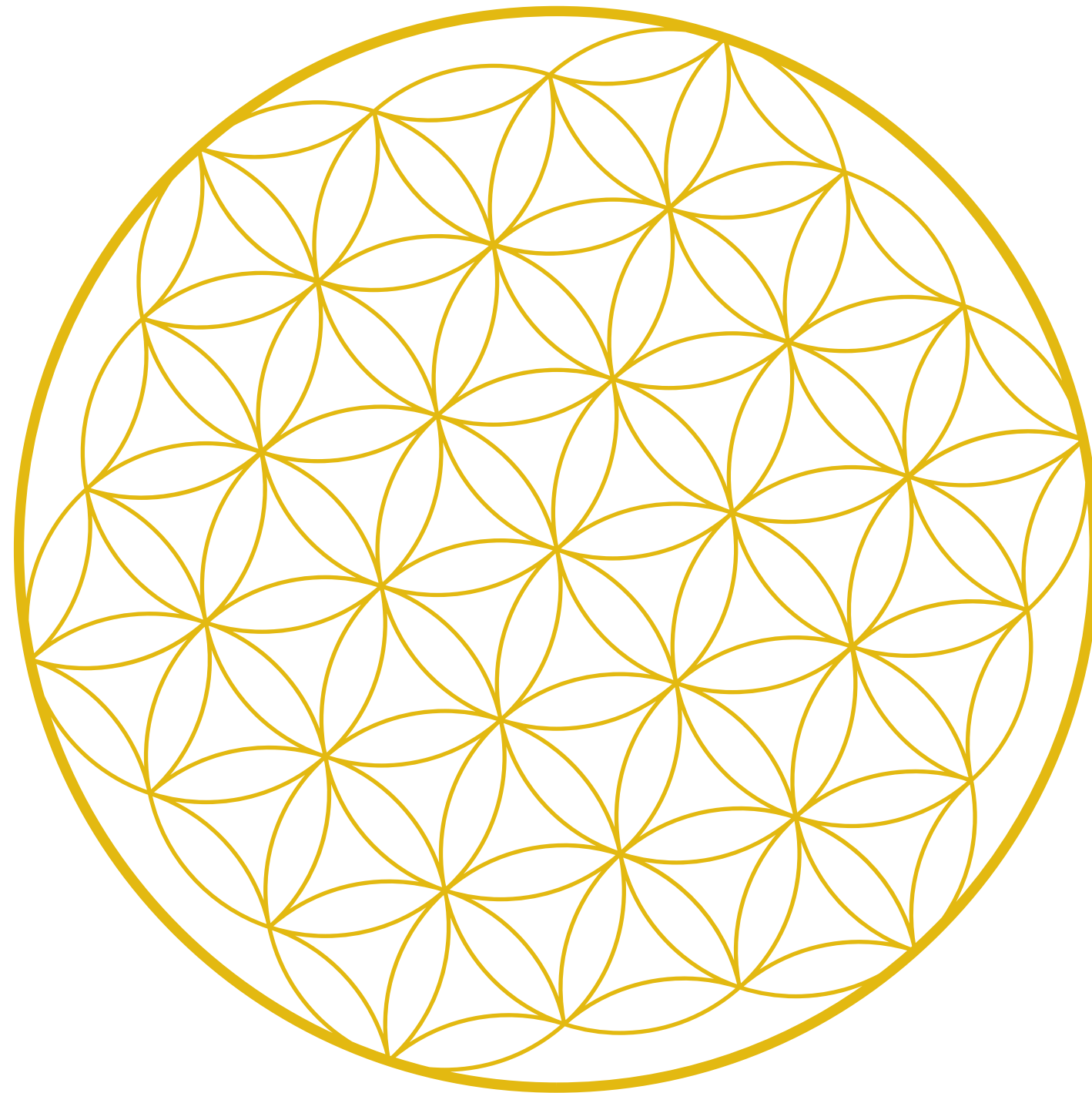




Elevating Your Somatic Intelligence

2 Approaches to Elevating Your Well-being

Cognitive
Psychology

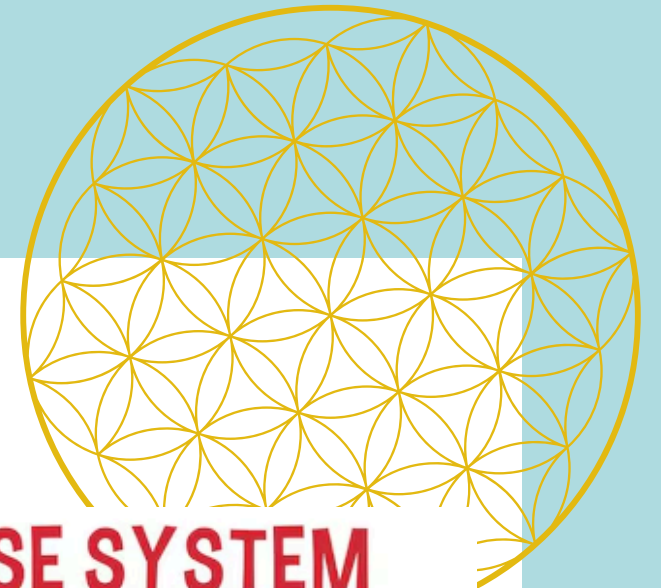
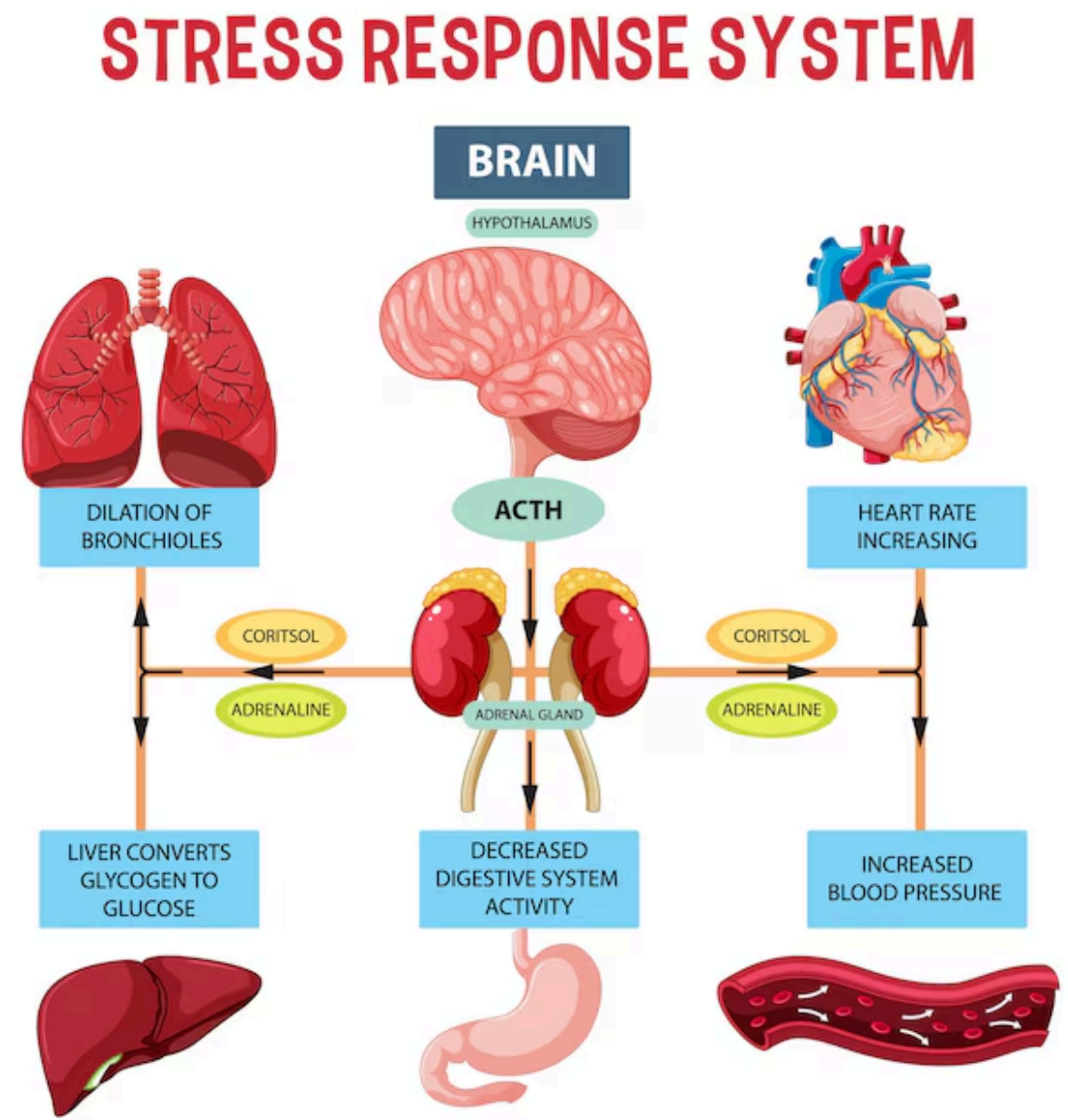
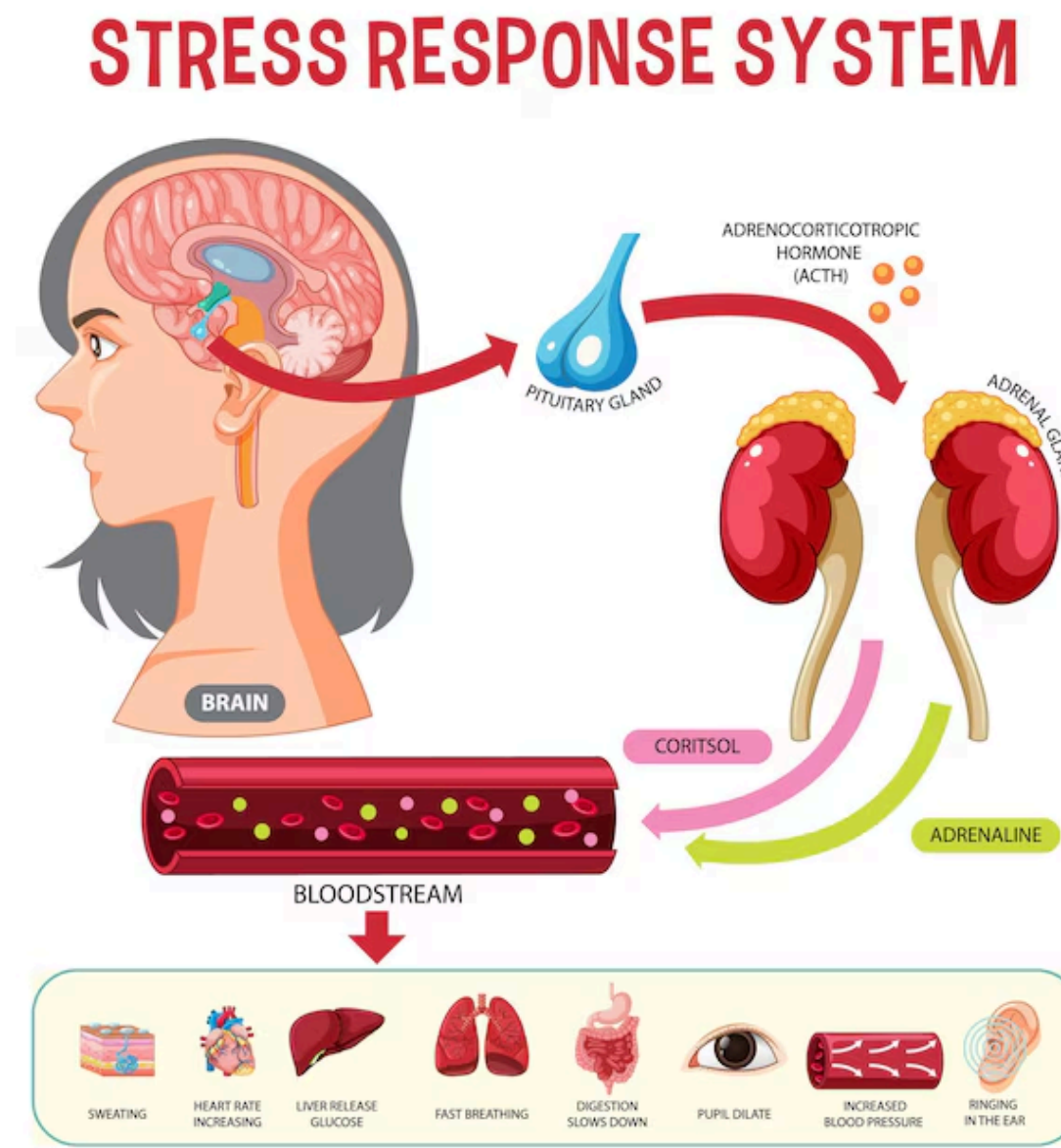


Somatic
Therapy

What Stress Really Is:

Stress:

The body's response to challenge, i.e. Physiological changes like increased heart frate and decreased digestive activity



Consciously Reframing Stress

Your Framing/Interpretation of a Situation affects your stress levels:

- A Snake: Danger, Threat, Fear
- A Rope: Harmless, No Trigger

Re-frame stressful challenges as welcome situations that energise and help you grow:

- "I look forward to this opportunity to grow!"



Consciously Reframing Stress



Mindset Shift:

You prime your mind & anticipate stress as an ally.

“I’m excited!”

“I’m being called to expand.”

★ Change Your Mind(set)

-Don't think of STRESS as

- a threat
- a demoralizer
- pressure
- overwhelming
- debilitating

-Don't focus on problems

-Don't fight stress

★

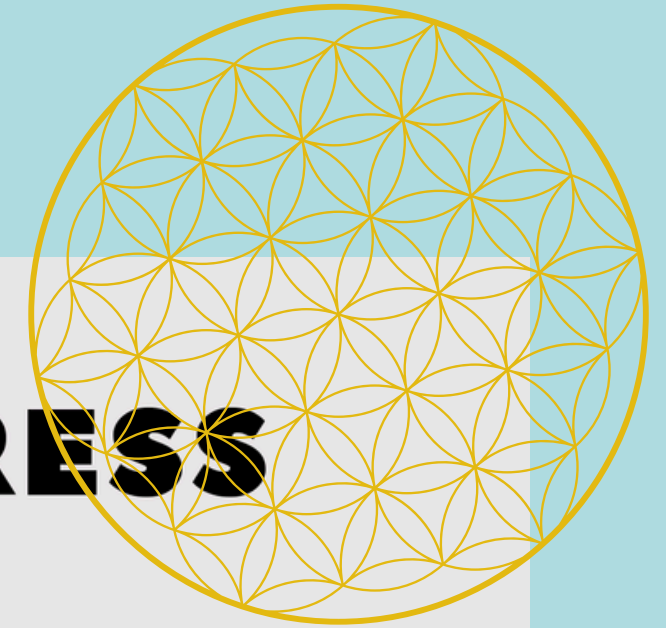
+Do think of STRESS as

- a challenge
- a motivator
- an opportunity
- manageable
- energizing

+Do focus on possibilities

+Do embrace stress

EUstress vs Distress



Positive Stress = Eustress

("eu" = good in Greek)

- Focuses & Energises you

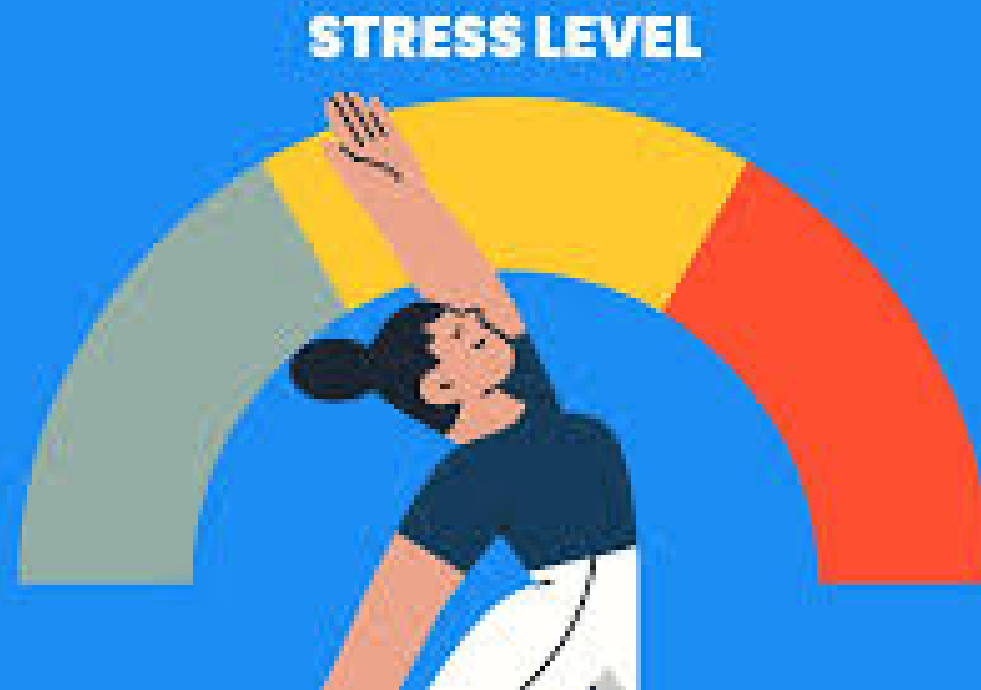
TYPES OF STRESS

Eustress

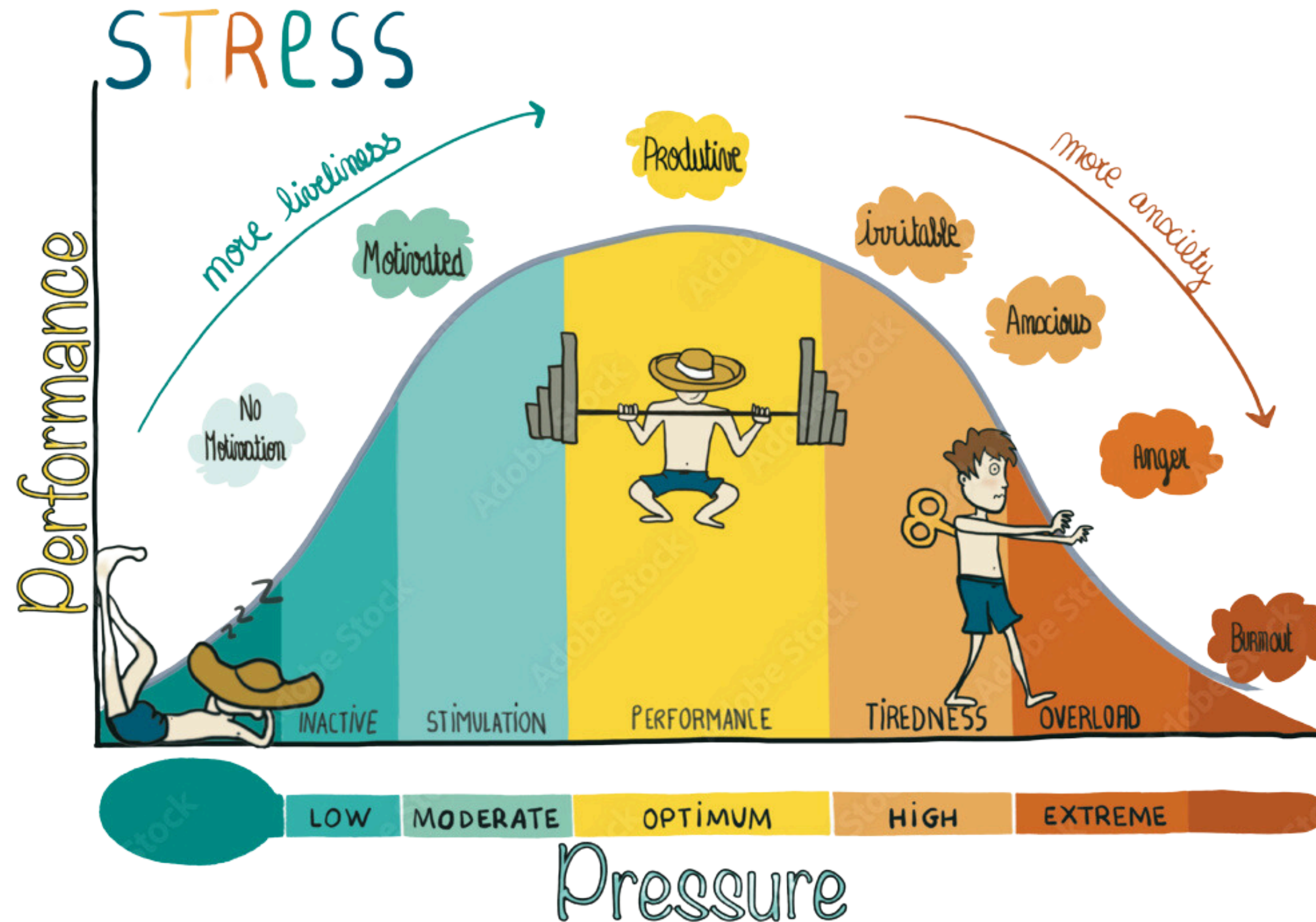
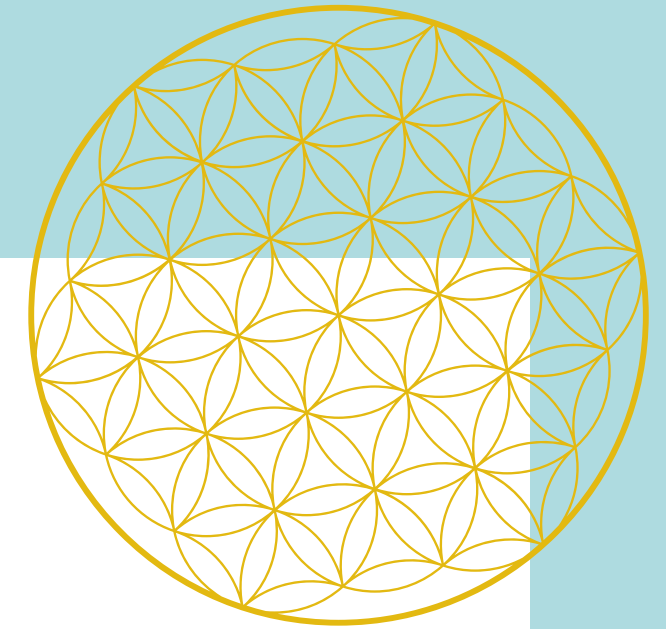
Stress in daily life that has positive connotations such as: Marriage, Job Promotion, New Friends, Graduation

Distress

Stress in daily life that has negative connotations such as: Punishment, Injury, Negative feelings, School or Work Difficulties



EUstress vs Distress



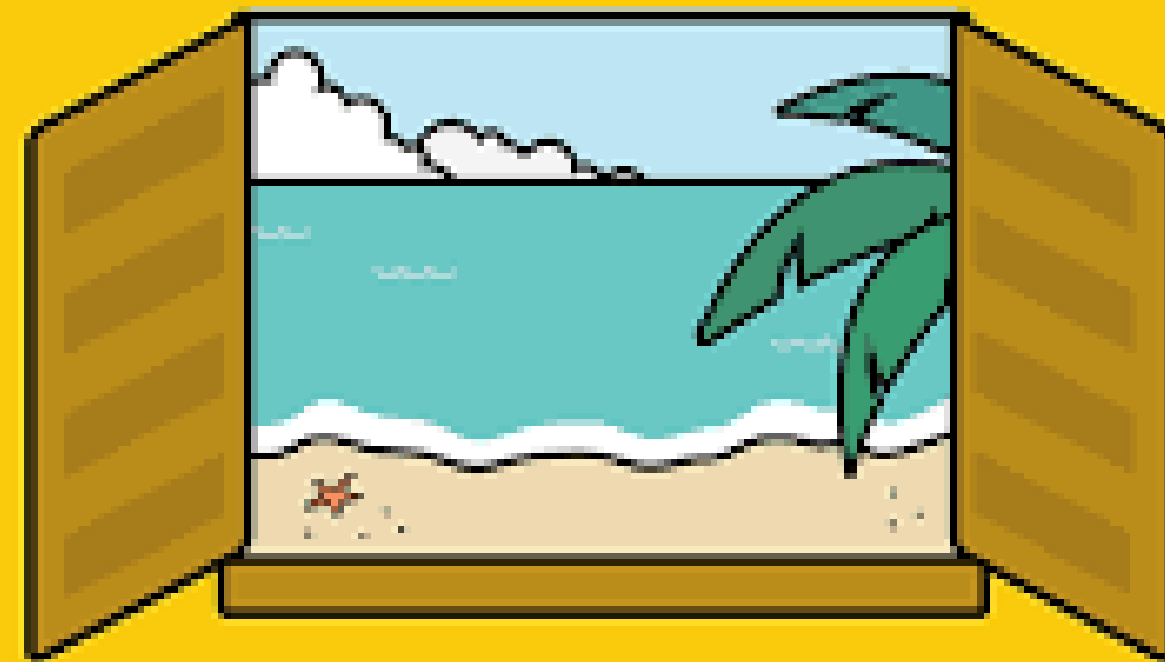
EUstress & The Window of Tolerance

Widening/Expanding Your
Window of Tolerance:

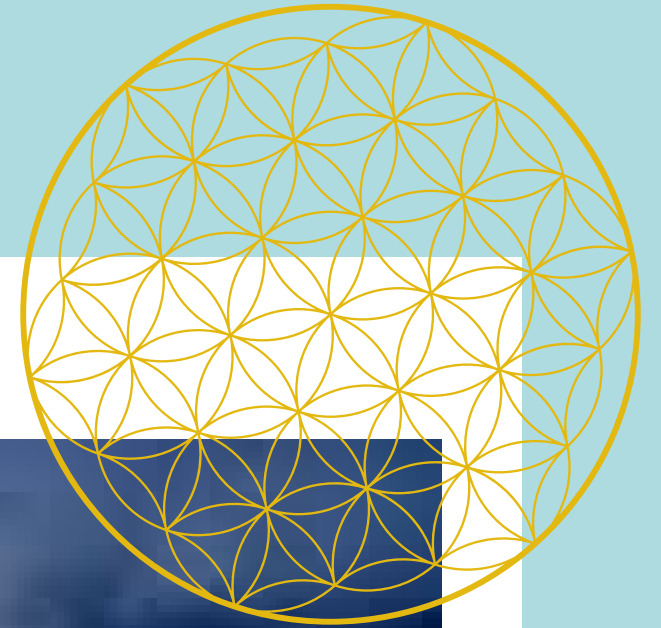
The Goldilocks moment, i.e. an optimum amount of stress/arousal that enables us to excel and perform at our peak.

WINDOW OF TOLERANCE

This is where things feel just right, where you are best able to cope with the punches life throws at you. You're calm but not tired. You're alert but not anxious.



Cognitive Psychology & Imagination

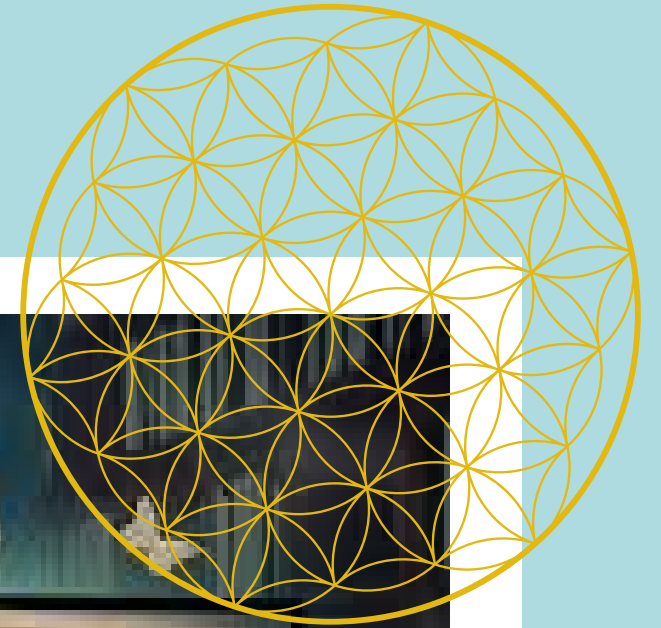


Magic. Image. Imagine.

Creative visualisation magically creates your desired reality; it shifts your energetic vibration to match what you desire to manifest. This is how Magic works.



Cognitive Psychology & Imagination



"Imagination is a divine gift, the piece of heaven concealed in man."

(Dennis William Hauck. "The Emerald Tablet: Alchemy of Personal Transformation")

"Imagination is more important than knowledge. Knowledge is limited, while imagination is infinite."

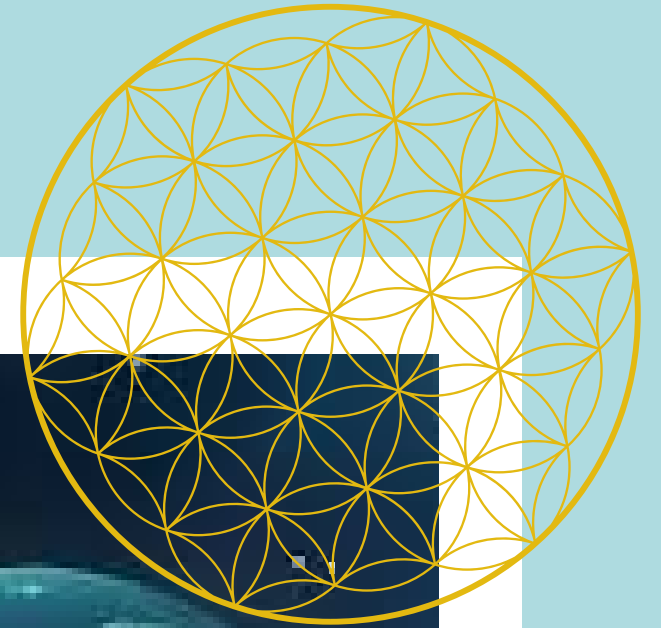
(Albert Einstein)



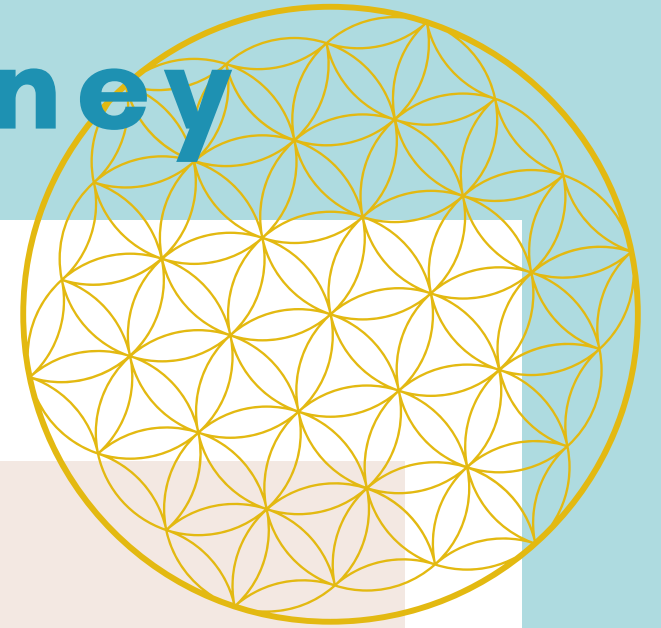
Cognitive Psychology & Imagination

Creative Visualisation & Mental Rehearsal:

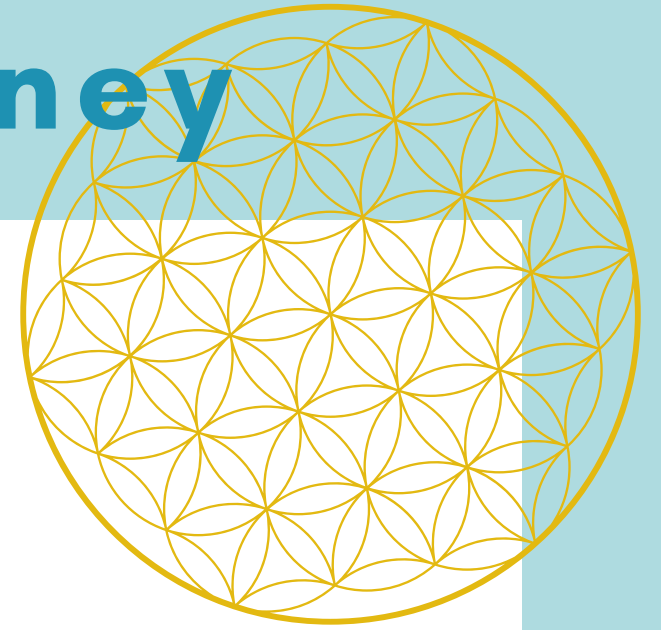
Shift your state by visualising yourself going through everything in a relaxed and calm state of energised alertness. Your conscious creative thought transforms your reality!



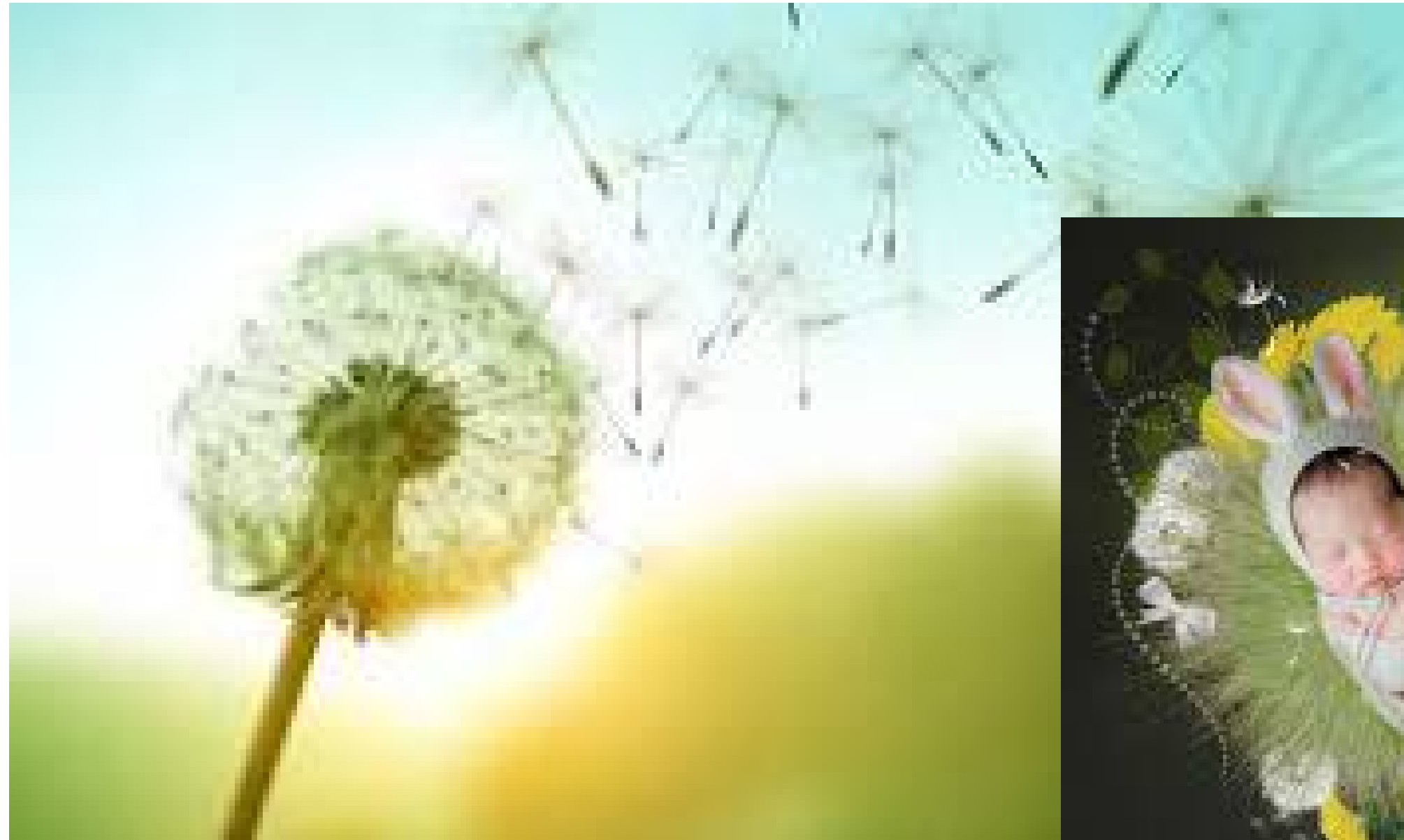
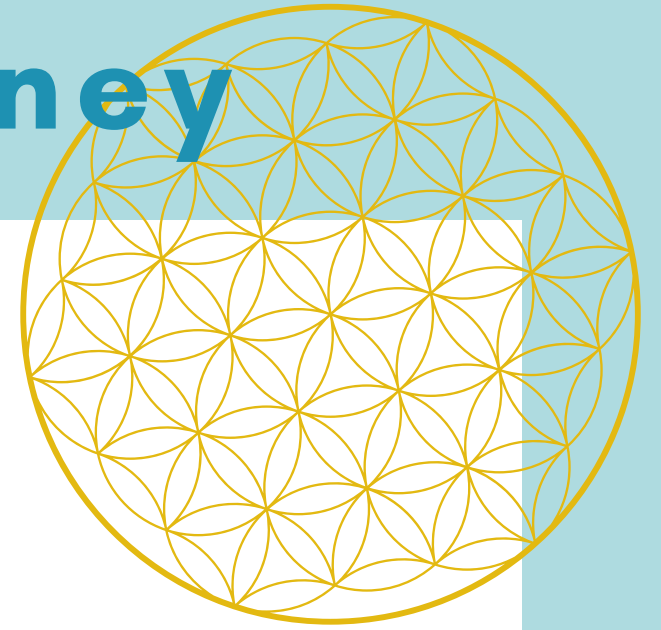
Somatic Therapy: My Personal Journey



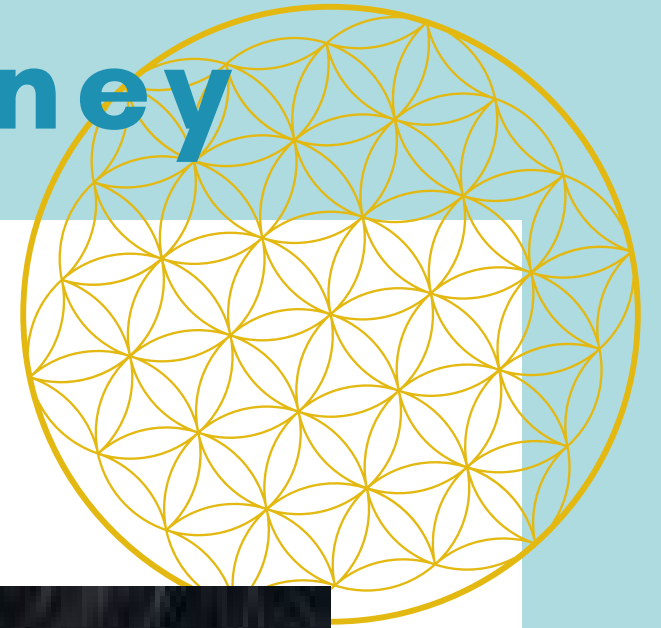
Somatic Therapy: My Personal Journey



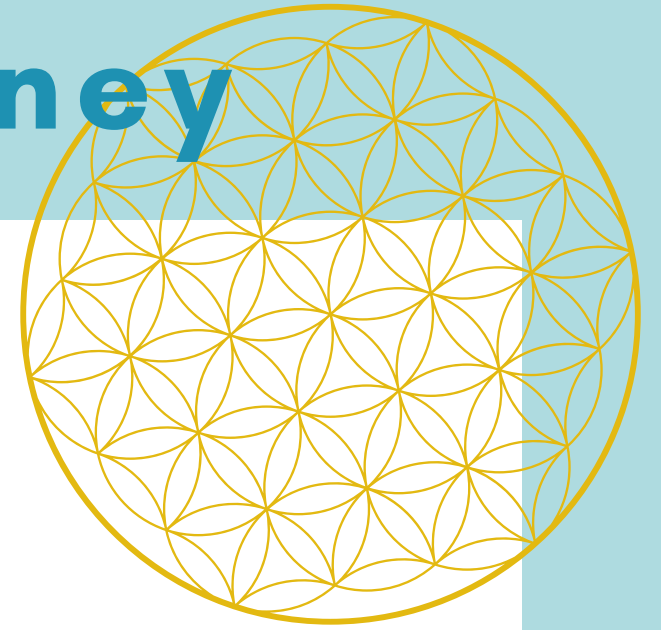
Somatic Therapy: My Personal Journey



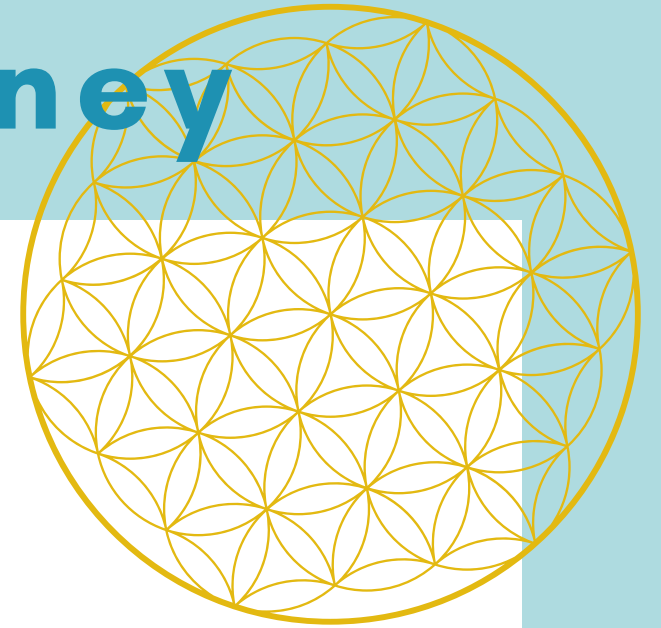
Somatic Therapy: My Personal Journey



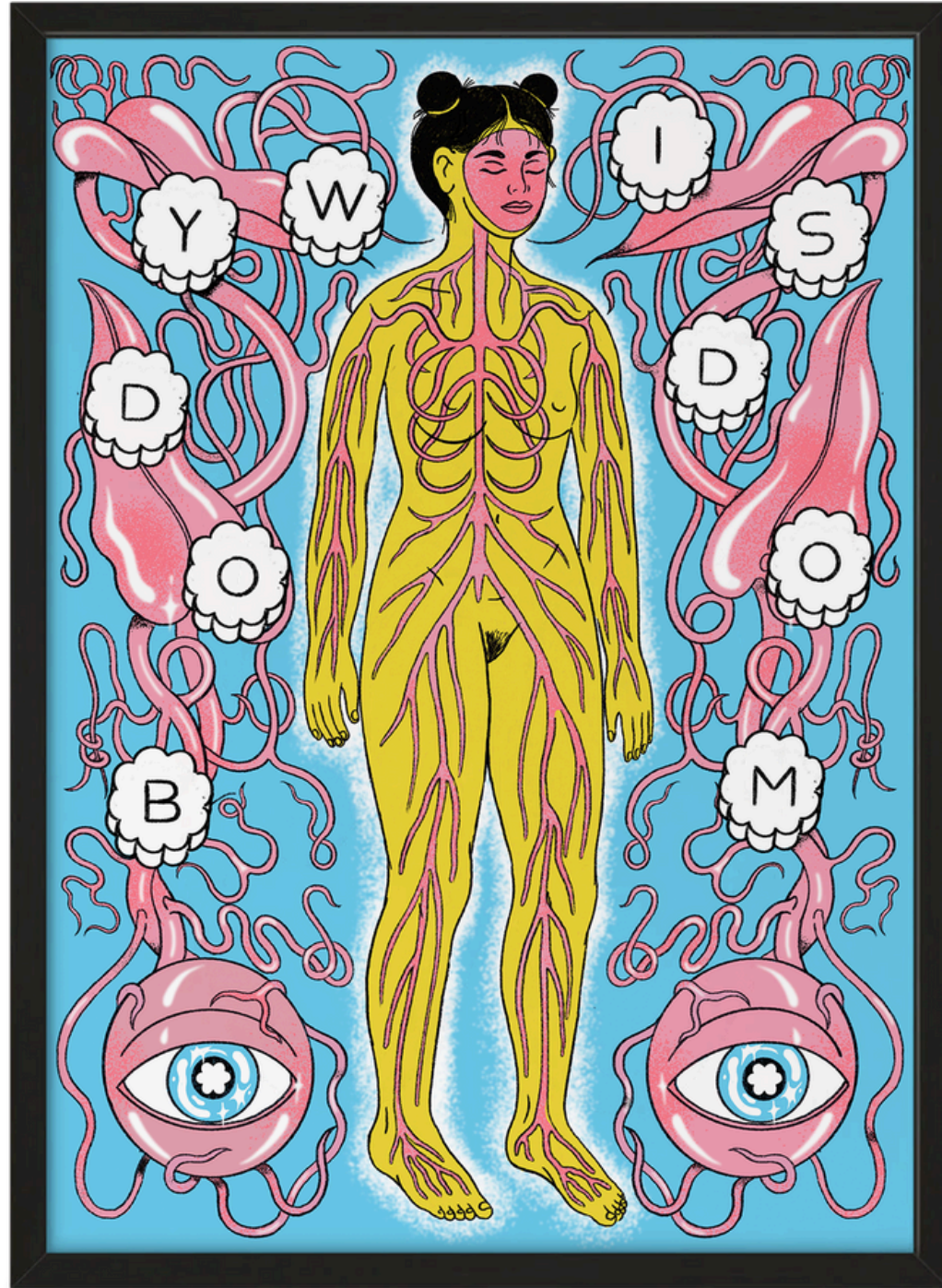
Somatic Therapy: My Personal Journey



Somatic Therapy: My Personal Journey

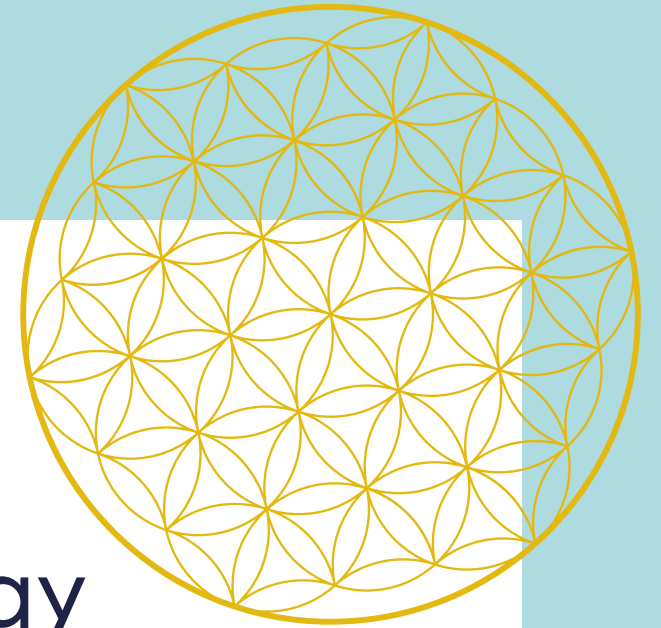


Somatic Therapy

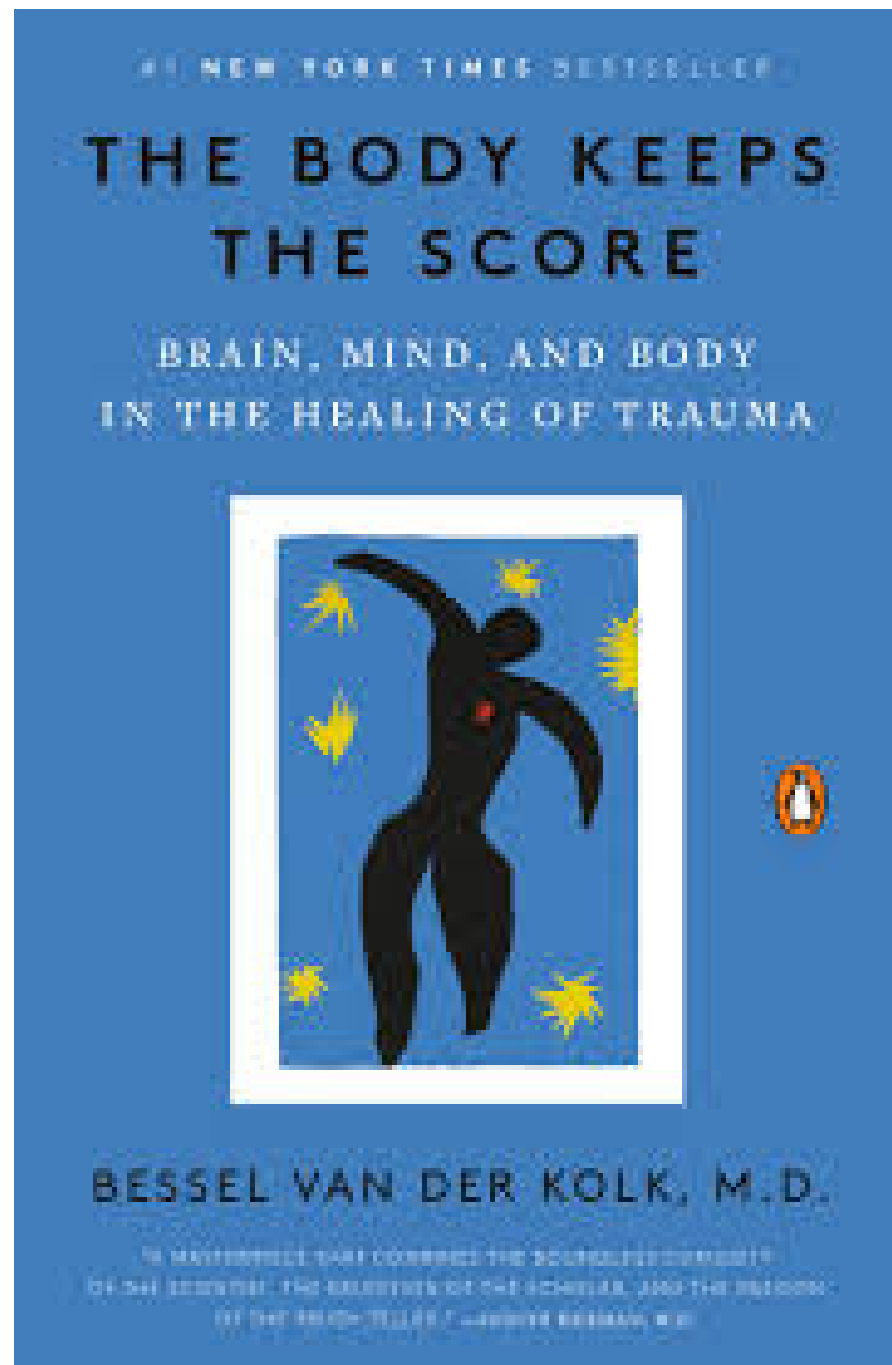
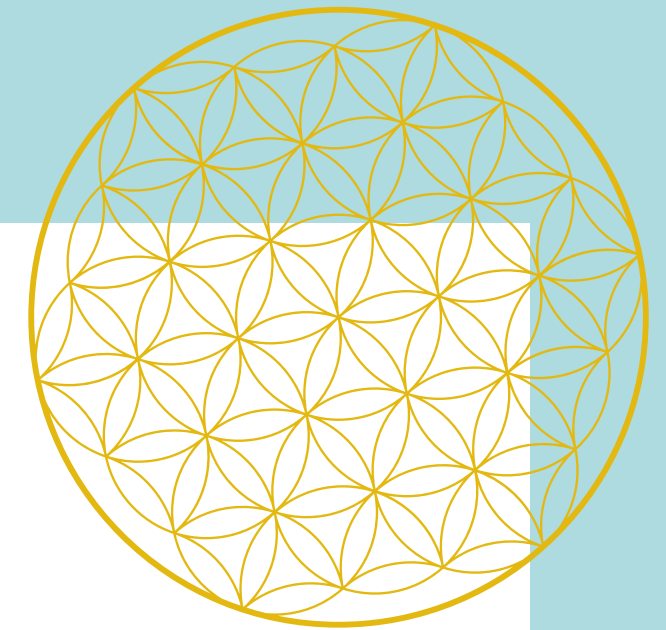


Trauma = Stuck, frozen energy

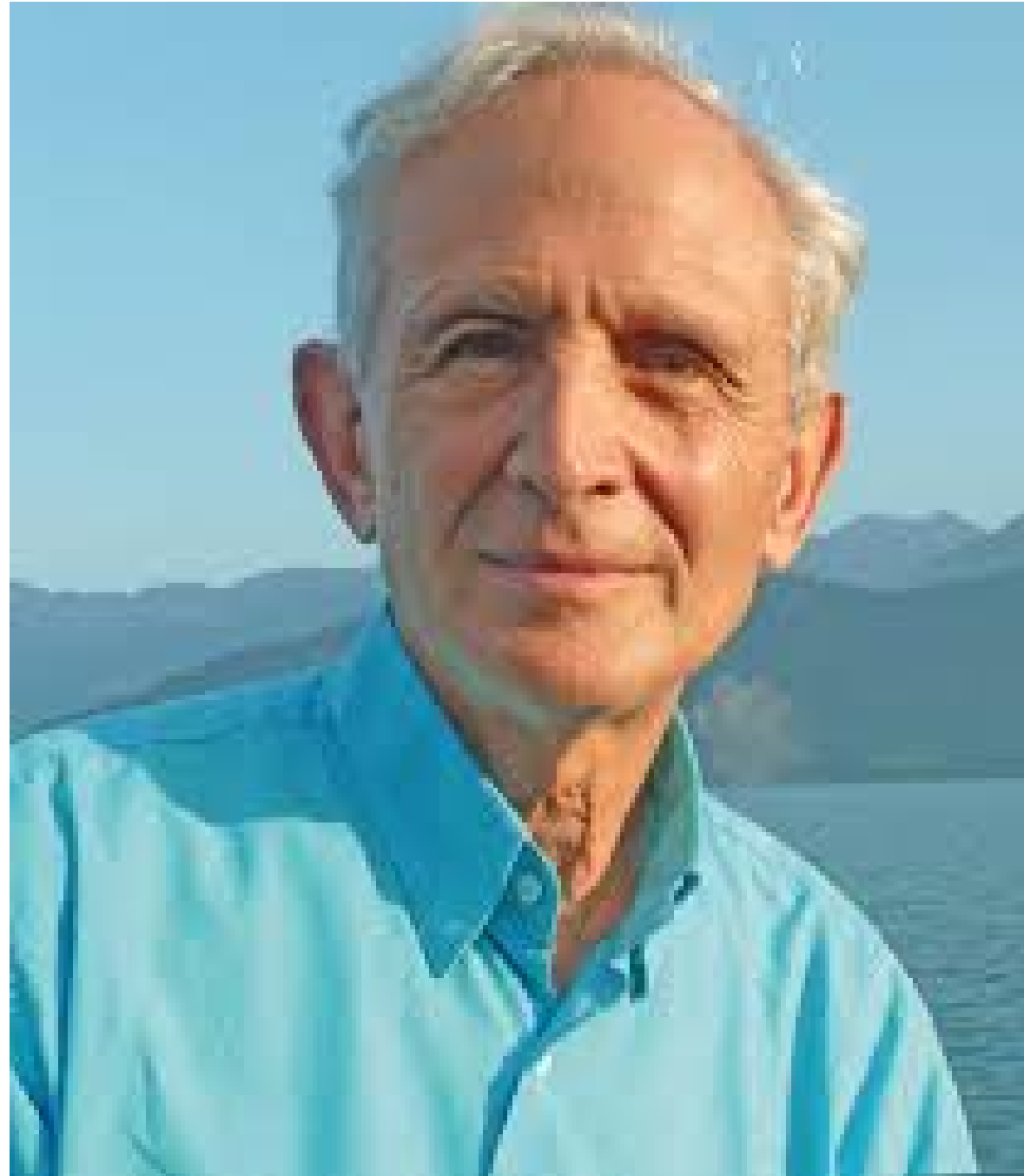
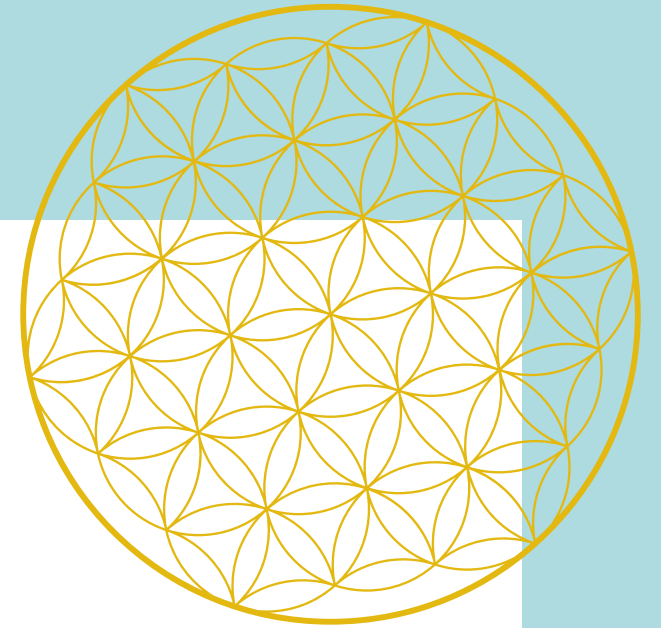
Somatic therapy: feminine way of softening and yielding, letting emotions move and energy discharge



Somatic Therapy



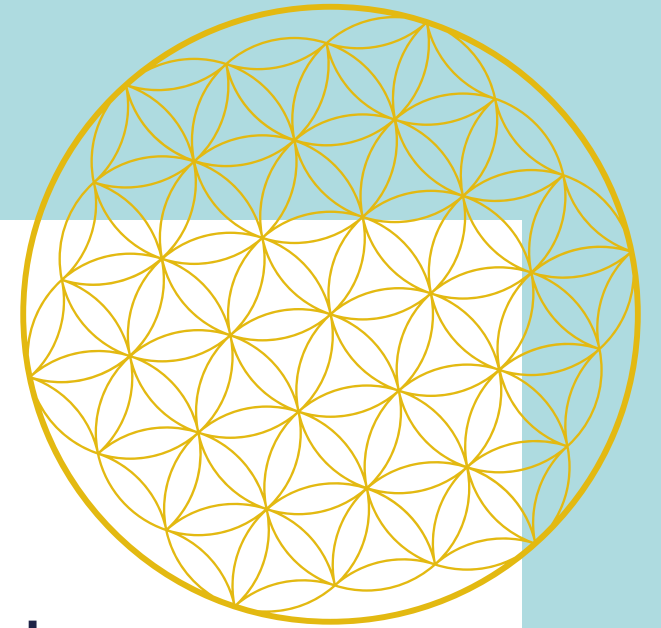
Somatic Therapy



Somatic Experiencing

- a body-centered therapy that treats trauma and stress-related disorders by focusing on bodily sensations
- Goal is to restore body's ability to self-regulate
- Shaking as a self-healing mechanism

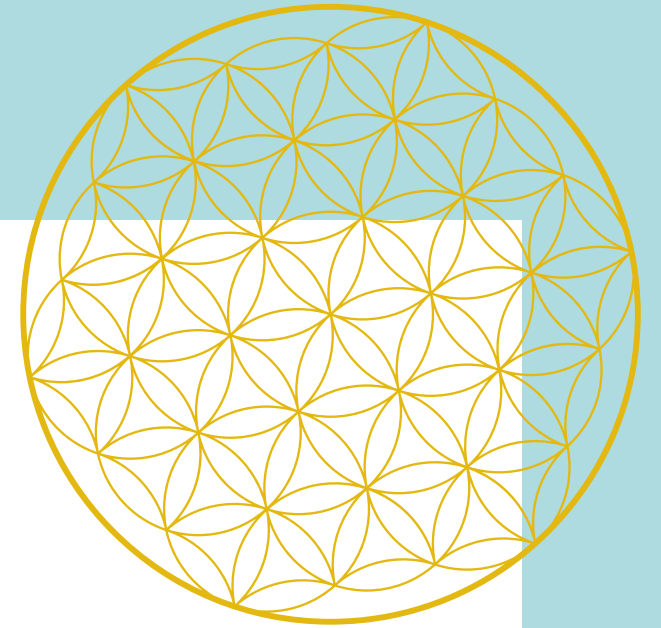
Somatic Therapy



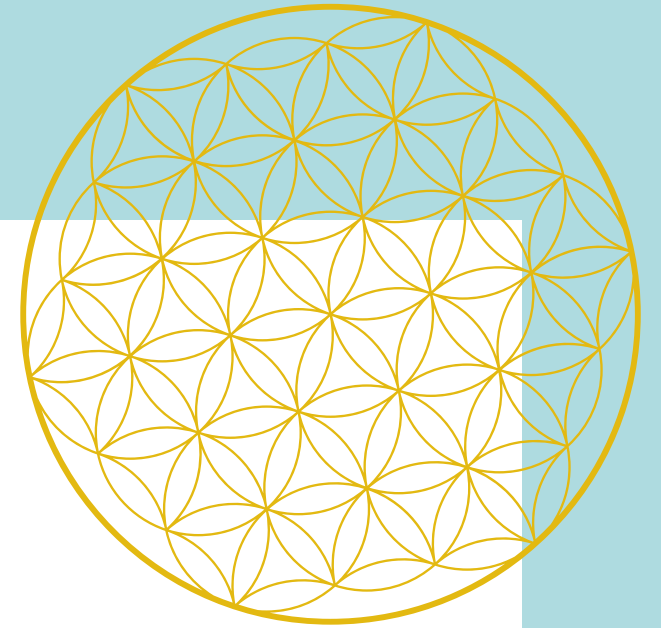
Shaking

- an evolutionary wiring to release old energy and tension
- Humans have shut down this natural instinctive response, which results in nervous system dysregulation

Somatic Therapy



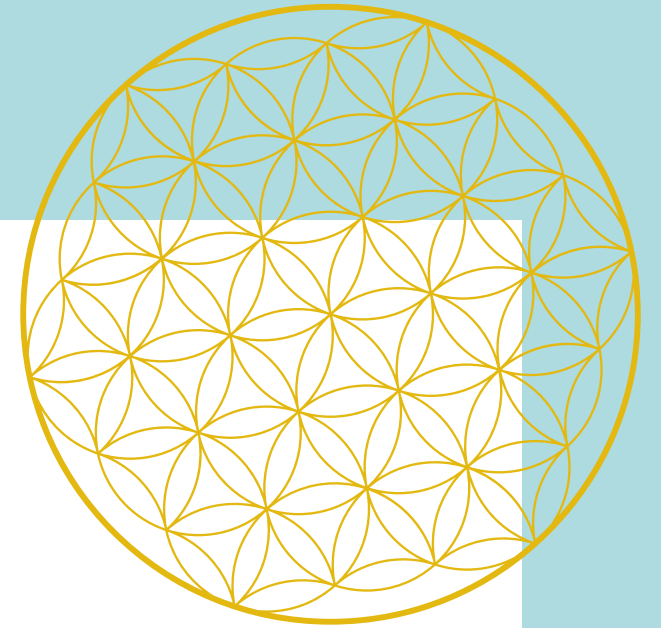
Somatic Therapy



Benefits of Shaking

- warms up your body
- releases stress chemicals
- releases endorphins
- activates the lymphatic system
- ctivates the parasympathetic nervous system
- free and easily accessible

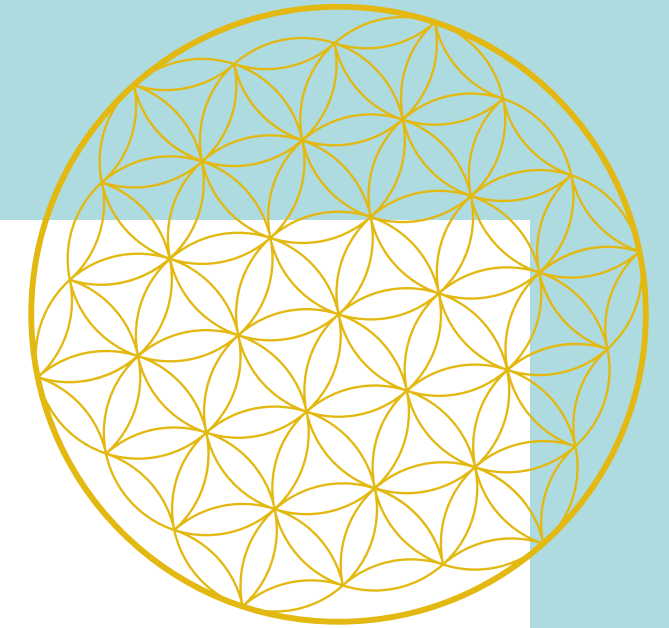
Somatic Therapy



TRE

- Tension & Trauma Release Exercises
- Developed by Dr David Berceli
- Activates body's involuntary shaking (neurogenic tremors)

Somatic Therapy

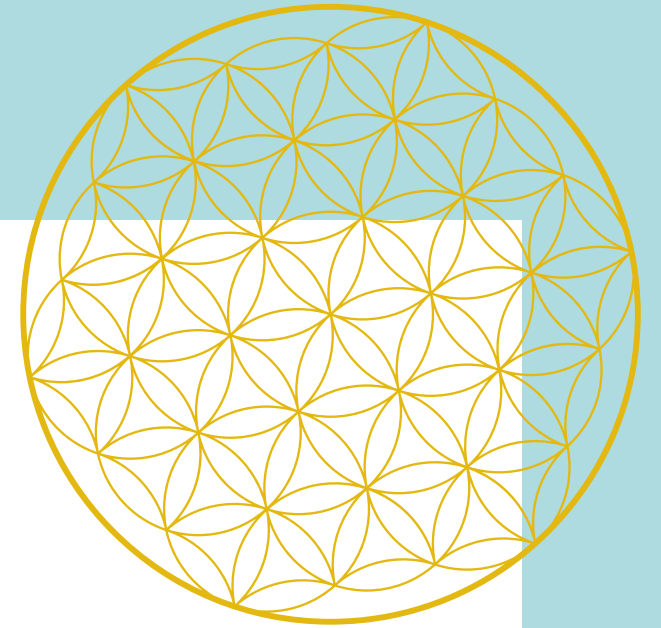


TRE

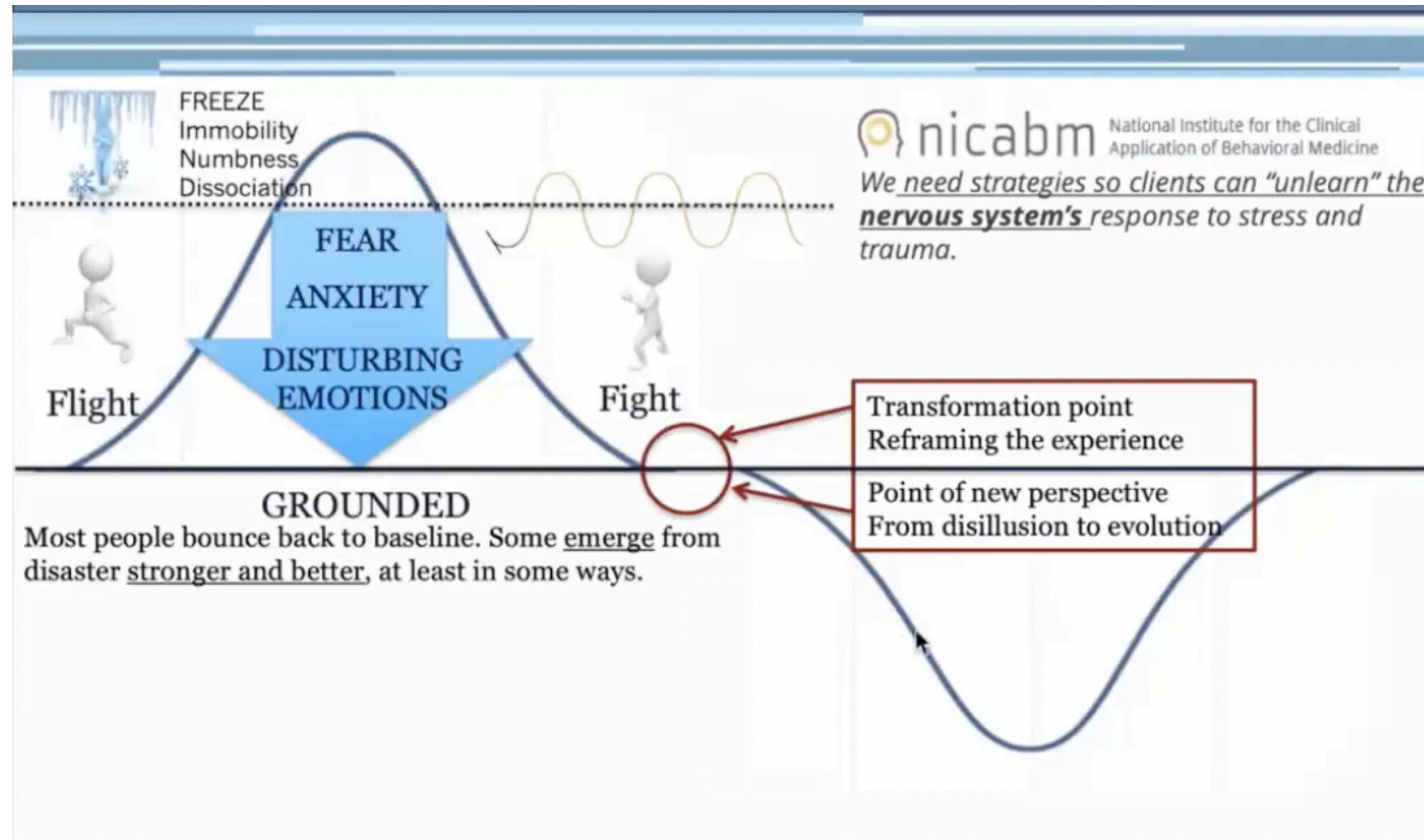
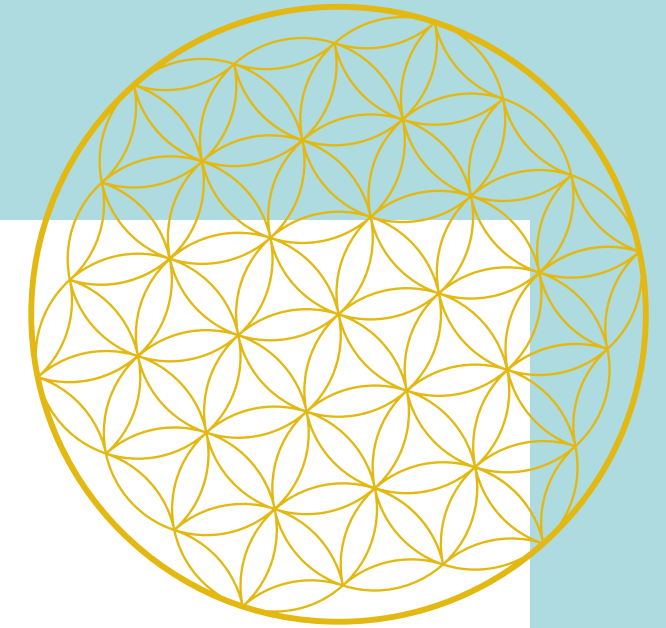


In TRE, the reflexive/involuntary muscle vibrations help calm the nervous system and bring the body back to a state of balance. Best of all, it also assists the body in releasing deep muscular patterns of stress.

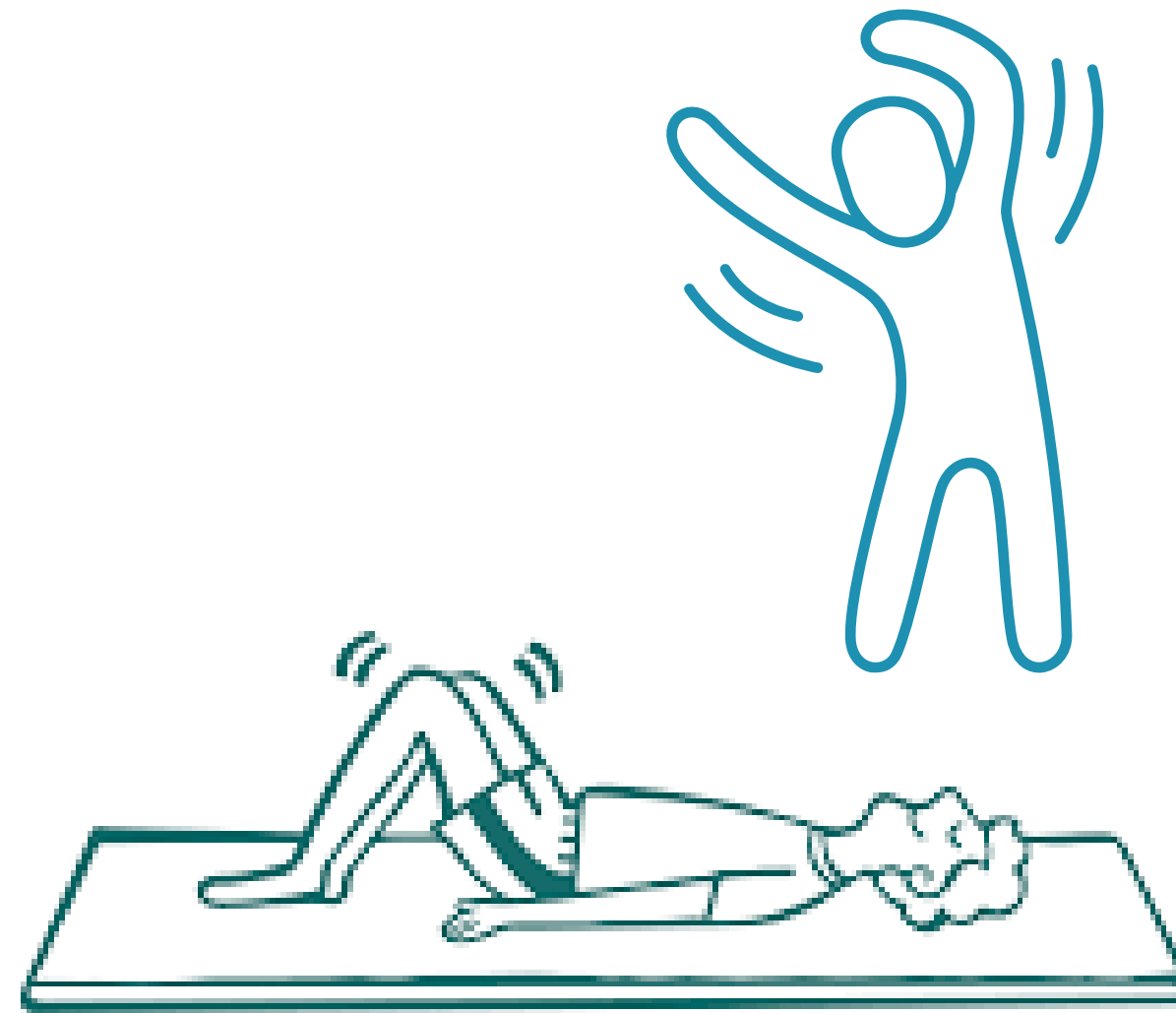
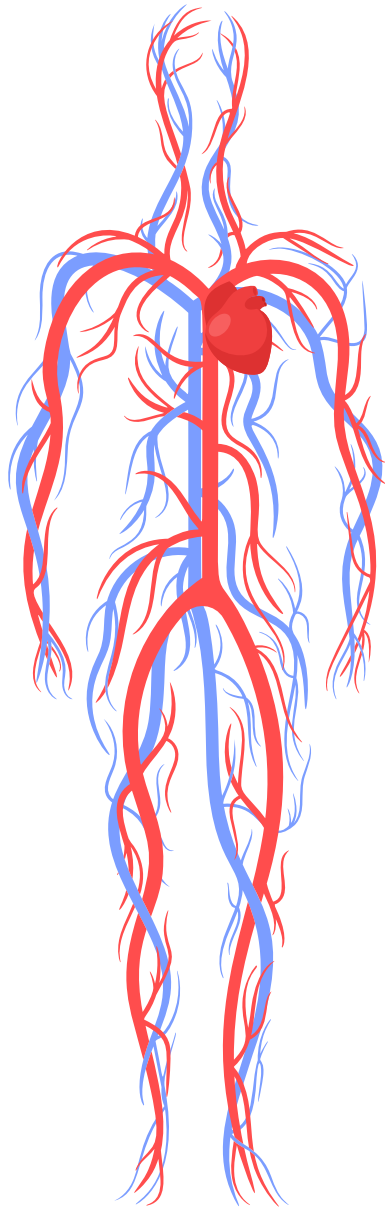
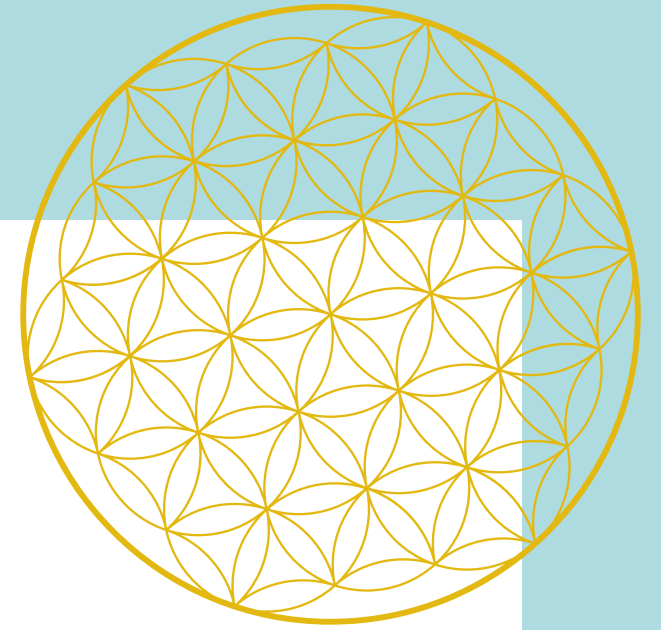
Somatic Therapy



Somatic Therapy: Video Clip



Somatic Therapy





Root Chakra: Muladhara



- Your energy body's connection to the nervous system
- Security, safety, and survival
- 'root of existence'



ROOT CHAKRA

Sanskrit Name: **Muladhara**

It is related to our survival instincts, and to our sense of grounding and connection to our bodies and the physical plane. Ideally this chakra brings us health, prosperity, security, and dynamic presence.



Color
Red



Element
Earth



Location
Base of the spine



Mantra
Lam



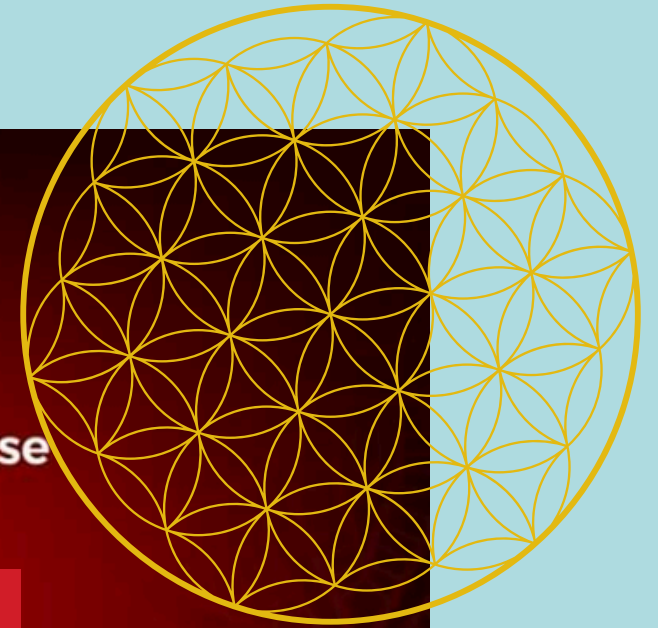
1st Chakra

**I am connected with my higher self universe
fills me with clarity and deep love**



Symbol

Four Red Petal lotus flower, square and down facing triangle





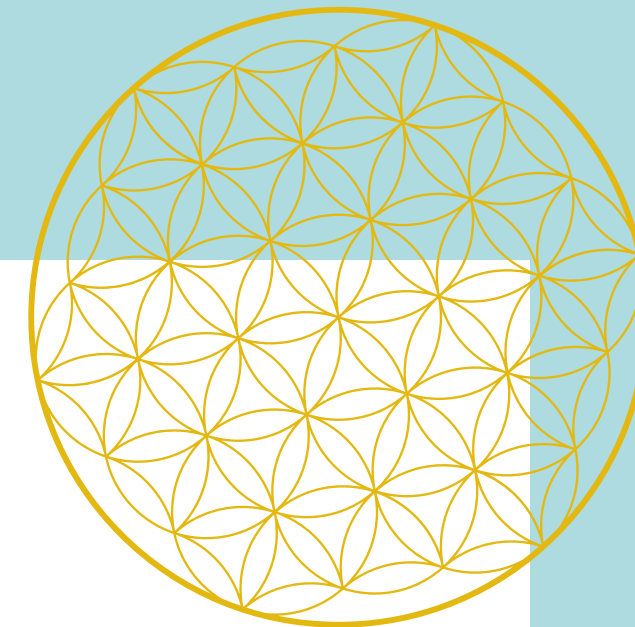
“The root chakra is where everything begins... It’s the root from which true health, well-being, and empowerment grows. It’s the foundation on which our physical and energetic body and every chakra is built upon.”





An Imbalanced Root Chakra

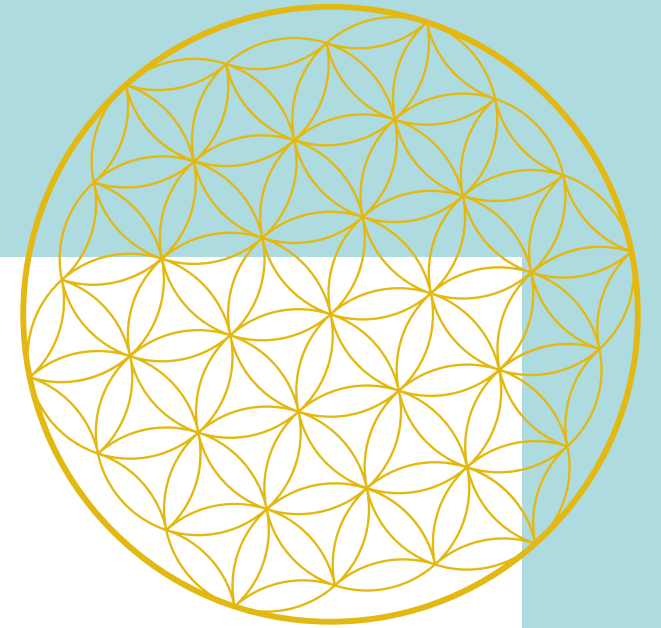
- Physical issues
- Feeling ungrounded, unstable, anxious and fearful
- Increased distractibility
- Disorganised state, erratic behavior
- Restless energy
- Feeling exhausted or lethargic
- inability to trust in the Earth
- Existential crisis
- Loss of will

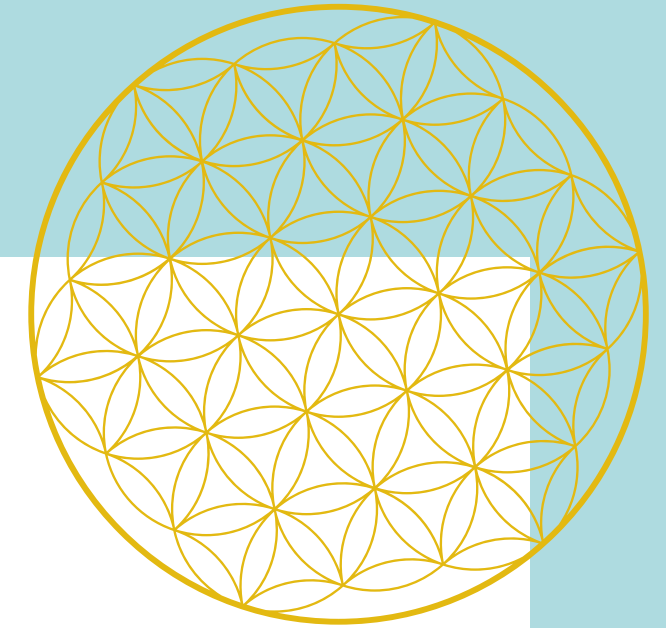




A Balanced Root Chakra

- focus and presence
- feeling stable and secure
- a healthy survival instinct
- dependability, reliability, and responsibility
- a sense of belonging
- Feeling grounded and connected to self and others
- the ability to care for yourself
- the drive to live





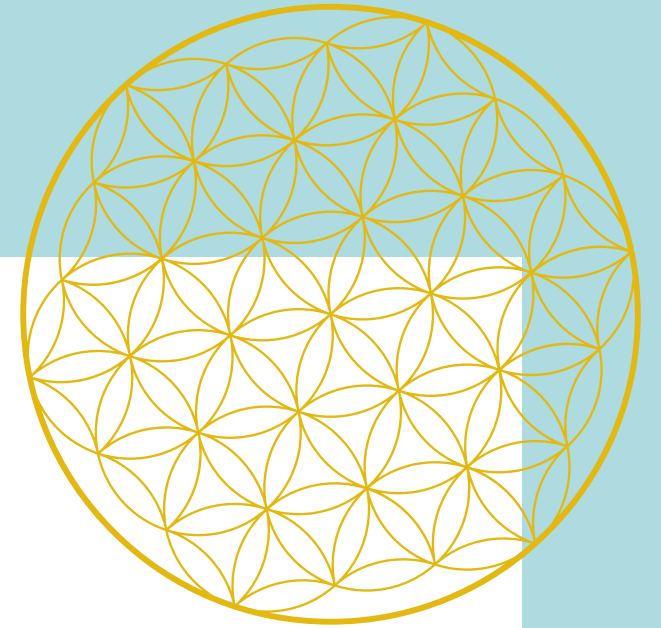
Care of Your Root Chakra

- Grounding and earthing
- Caring for your feet:
- Movement like walking, dancing and drumming
- Wearing the colour red.
- Work with Crystals
- Essential oils
- Keep regular eating hours
- Spending time in nature:
- Self-care: inner child work, touch therapies
- Sound therapy
- Affirmations

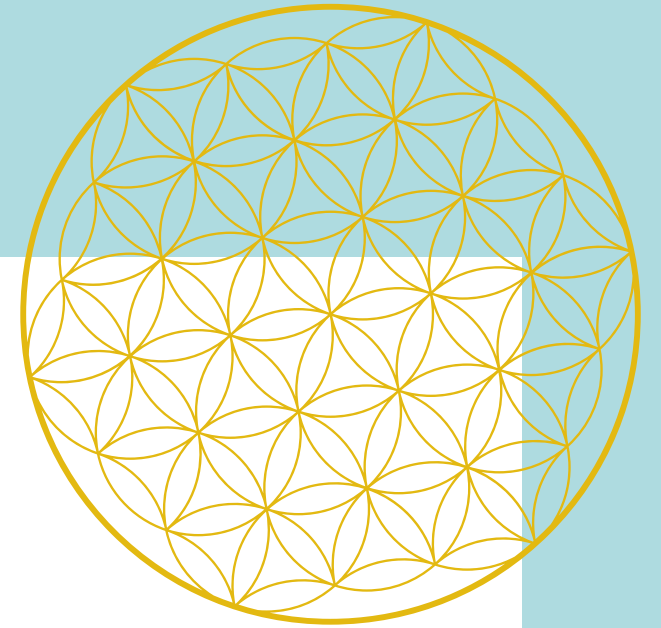


Affirmations

- I am safe.
- I am secure.
- I am at home in my body.
- I am at peace with the here and now.
- The Earth supports and nourishes me.



Summary



- Focusing on your mental programming around stress
- Bringing your nervous system back into healthy regulation
- Balancing your root chakra