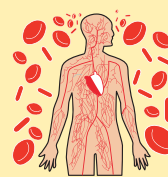


Soma Scan



Take 5-10 minutes a day to scan. Notice & release with Total Somatics techniques tension & pain

Mindset Check in



Ask yourself each morning "How am I feeling?" "What do I need?" Use Total Somatics 'Reframe your day' audio as a support.

Mindfulness



Create regular routines which allows you to **PAUSE & RECONNECT** with your Soma

Pandiculate



Release Muscle tension, regulate your nervous system & improve muscle memory/efficiency with **PANDICULATION**.

Breathing



Regular deep, slow, belly breathing calms down your nervous system. Notice how you feel after 10 long deep breaths.

Sensory Experiences



Feel the sun or wind on your face, take a bath, use essential oils, walk in nature, enjoy a massage.

Quiet your Mind



Reduce stimulation during your day. Go for a walk without your phone. Switch notifications off on your devices. Embrace **SILENCE**.

Design your day



Create your day to support your physical & mental wellbeing. How could you start your day? What can you do throughout your day? What time do you go to bed?

Positive inner talk



Create positive inner thoughts with an anchor statement each day. For instance "It's OK to stop." "I am allowing my Soma to thrive."

Community connect



Humans are social creatures. Connect with like minded individuals for kindness & support. #TotalSomaticsInternational