

## Activity

### Creating Somatic Safety

People: Ideally your whole group

Time: Approximately 45 minutes to discuss and try this Activity

Resources: This Activity and a place to meet

### How Can This Help Us?

I define Somatic Safety as having the inner conditions required to integrate our full range of brain/body experience, to practice self-awareness and choice, and to stay in relationship with others at the same time. It has nothing to do with “protecting” ourselves from unpleasant experiences; in fact, having somatic safety improves our ability to relate with unpleasant — as well as pleasant — experiences.

This practice helps us to find our way back to Somatic Safety whenever we notice we’ve disconnected from ourselves or from others. Most commonly this occurs because our Autonomic Nervous System has become activated, or because we have been seduced by a judgment, evaluation or interpretation.

Lineage: Lots of somatic practitioners use variations on this practice. For some great examples, check out [traumaresourceinstitute.com](http://traumaresourceinstitute.com) or [www.me-to-we.org](http://www.me-to-we.org)

### The Activity

#### 1. Ground

Lengthen the exhale, notice contact under my body, notice positive or neutral sensations.

#### 2. Sensations

Notice what other sensations are present in my body. Is there an emotion? Do I notice racing heart, clenched hands/jaw, or spaciness that might indicate my Autonomic Nervous System is active?

#### 3. Thoughts

Notice what my thoughts or interpretations are. Am I judging or evaluating my experience?

#### 4. Self-Care

Take whatever steps I need to support my body, eg. calming the ANS, offering compassion to judgments or evaluations, etc.

#### 5. Ground

The Body-Informed Leadership Series teaches the paradigms and practices that help us attune to, and be in skillful relationship with, our body’s signals as a crucial domain of leadership in our group cultures.

[www.BodyIntelligence.ca](http://www.BodyIntelligence.ca)