

What Is Somatic Release Exercise?

Our body is constantly sending us signals through physical sensations, which can be interpreted as a response to our thoughts and emotions.

Somatic therapy assumes that trauma or unprocessed feelings can have physical manifestations, such as muscle tension, discomfort, or even pain. Its techniques leverage these bodily sensations to target the storage of negative emotions that need to be released.

Anxiety, depression, and PTSD are all indicators that strong emotions you once experienced are still with you, stored in your body.



Somatic Release Exercise

The best way to understand how somatic therapy works is through the concept of a “BODY LOOP.” When we experience stress or [anxiety](#), our bodies may respond by tensing up. In turn, these tense muscles send signals to our brain that there is danger, causing us to become even more anxious. This leads to a vicious cycle of tension and anxiety, which can be difficult to break.

Somatic therapy aims to disrupt this cycle by using physical techniques such as breathing exercises, body movements, and touch therapy.

Grounding techniques

