

## Feeling the weight of your body (5 minutes)



### Instructions

This exercise helps survivors who are 'frozen' or numb to focus on the present. The exercise activates muscles in the torso and legs, which gives a feeling of physical structure.

When we are overwhelmed, our muscles often change from extreme tension to collapse; they shift from a state of active defense (fight and flight) to submission and become more than ordinarily relaxed (hypotonic). When we are in touch with our strength and structure, it is easier to bear feelings. We can contain our experience and manage feelings of fragmentation (of being overwhelmed) better.

- Feel your feet on the ground. Pause for five seconds.
- Feel the weight of your legs. Hold for five seconds.
- Try stamping your feet carefully and slowly from left to right, left, right, left, right. Feel your buttocks and thighs touching the seat of the chair. Hold that for five seconds.
- Feel your back against the back of the chair, stay like that and notice if you feel any difference.