

# EXERCISES FOR TRAUMA RELEASE



## Breathwork & Embodiment from



Our bodies are absolutely crucial to our ability to move through trauma in a way that heals and expands us. Our bodies clearly communicate when we are triggered or dysregulated. When we experience such anxieties, stresses, depressions, or outright panic attacks, this is our cue to pause, listen, and love ourselves. There is something here that needs to be heard. There is an inner intelligence that is trying to bring us into better alignment, whether through boundaries or shifting our faulty beliefs. Our bodies know how to do this, innately. Our goal is to trust this process, increasing our capacity to be with exactly what is rather than escape our discomfort.

### TRAUMA-INFORMED MOVEMENT

Trauma-informed movements include:

- breath-coordinated kickboxing
- heart-openers, neck release
- play & dance
- loose shaking/bouncing
- reclined butterfly tremor release

### BREATH : OUR EVER-PRESENT ANCHOR

Breathwork practices help us calm & ground, focus the mind, and find our center.

- Basic sit - watch for the breath like watching for a friend in a crowd
- Relaxing Breath by Dr. Weil: 4-inhale, 7-hold, 8-exhale (4 cycles)
- The Power Breath by Mark Thornton: protrude the low belly, fill your body from your deep abdomen
- Box Breathing - 4-in, 4-float, 4-out, 4-empty

### THE SERENITY PRAYER

God grant me the serenity  
To accept the things I cannot change;  
Courage to change the things I can;  
And wisdom to know the difference.

Living one day at a time;  
Enjoying one moment at a time;  
Accepting hardships as the  
Pathway to peace;

Taking, as He did, this sinful world  
As it is, not as I would have it;  
Trusting that He will make all things right  
If I surrender to His Will;  
So that I may be  
Reasonably happy in this life  
And supremely happy with Him  
Forever in the next.  
Thy will, not mine, be done.

