

3 Somatic Tools to Calm Your Nervous System

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When life feels overwhelming, your body is often asking for safety before it can find clarity. These three simple somatic tools help bring you back into balance — gently and naturally — wherever you are.

1. The Grounding Breath

Purpose: To settle the body and slow racing thoughts.

1. Sit or stand with both feet on the ground.
2. Place one hand on your chest and one on your lower belly.
3. Inhale slowly through your nose for a count of 4, letting your belly rise.
4. Exhale through your mouth for a count of 6, softening your shoulders.
5. Repeat for 5 rounds. Feel your body's weight supported by the earth beneath you.

Tip: If your mind wanders, gently bring your focus back to the movement of your hands.

2. Orienting to Safety

Purpose: To bring the nervous system out of survival mode and into present awareness.

1. Slowly look around your space as if seeing it for the first time.
2. Let your eyes rest on colours, shapes, or light that feel pleasant or neutral.
3. Name silently (or aloud) three things you can see, two things you can hear, and one thing you can feel.
4. Notice any small shift — a breath, a sigh, or a sense of grounding returning.

Tip: This is especially powerful after a stressful conversation or when anxiety spikes suddenly.

3. Self-Holding for Regulation

Purpose: To give the body the signal of being safe and contained.

1. Cross your arms gently over your chest or place one hand under each armpit — like a hug.
2. Feel the warmth and pressure of your hands against your body.
3. Breathe slowly and imagine your breath filling the space between your hands.
4. Stay for at least 60 seconds, or as long as it feels good.

Tip: This technique is calming before sleep or after emotional overwhelm.

■ Gentle Reminder

Your body is not the enemy — it's the messenger. Each time you pause to breathe, orient, or hold yourself with care, you re-teach your system what safety feels like.

If you'd like to learn more somatic tools or explore how therapy can support deeper nervous-system regulation, you're welcome to connect with me.

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(This free resource is for personal wellbeing and does not replace professional medical or psychological advice.)