

Shake It Off

The Shake It Off Technique is used within Somatic Experiencing (SE®) by trained therapists to monitor sensations, patterns of actions and soothing behaviors experienced in clients' bodies.

The aim of the technique is to regulate their body responses and avert overriding the nervous system, by purposefully concentrating in self-soothing behaviors that the client might already engage in. This is used to induce comfort in the midst of anxiety.

The following technique can help people learn how to soothe themselves and calm the nervous system by drawing upon their own resources. Animals often shake themselves to release the excess energy produced from the stress response. In this case, this technique allows your body to connect with the trembling sensation produced by a stressful event, and enable your system to settle.

Be gentle with yourself. If you find yourself experiencing distress or feeling uncomfortable while doing this exercise, you can always stop for a while and let everything settle.

Steps:

1. Find a space where you feel comfortable and safe for shaking.
 2. You can do this by either lying on the floor or standing up.
 3. Let the energy move through your body as you shake your legs and feet.
 4. Shake the energy off by shaking your arms and hands.
 5. It might be helpful to imagine that you are shaking off the sand from your body after going to the beach.
 6. Explore any other movements that might feel good for your body.
 7. Come back to a resting position, sitting or lying down.
 8. Use the soothing breathing technique to bring balance.
- Levine, P. (2008). *Healing Trauma: A pioneering program for restoring the wisdom of your body*. Canada: Sounds True.

Daniela Ramirez-Duran, MAPP