

Soothing Breath

The Soothing Breath 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 this technique is to regulate their body responses and avert overriding the nervous system, by purposefully concentrating in self-soothing behaviors. These are behaviors the client might already engage in, 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. This technique uses breath and touch to help to soothe the body and the mind.

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

Steps:

1. Find a comfortable and quiet space to sit in a chair or lie down on the floor.
 2. Start by finding a comfortable position, either sitting on a chair or lying down.
 3. Place one hand on top of the belly and the other on top of the chest.
 4. While breathing normally, draw your attention to your breath.
 5. Feel the hands resting on top of your torso and explore how they move, rising and falling as you breathe in and out.
 6. Feel the warmth of your hands and explore what other sensations arise in your body.
 7. Gently try to soften and deepen your breath, allowing the belly and chest to expand freely.
 8. As you continue, pay attention to the emotional sensations that you might experience.
- Levine, P. (2008). *Healing Trauma: A pioneering program for restoring the wisdom of your body*. Canada: Sounds True.

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