

TASK TIME: 2 MINUTES

Exercise: If you feel that your body is holding onto stress, which can manifest as physical discomfort, tightness, or fatigue, go to MyStressTools and start “Taking Somatic Action”

Taking Somatic Action

[Watch Now!](#)



What is Somatic Action?

Somatic action involves using physical movement and body awareness to positively affect mental and emotional well-being. By focusing on the connection between body and mind through practices like yoga, mindful breathing, or gentle stretching, you can relieve stress and promote a sense of calm. These actions help to ground you in the present moment, allowing your body to release tension and your mind to gain clarity.

Research has shown that physical movement can significantly impact mental health by reducing anxiety, improving focus, and building resilience. Somatic practices are based on the idea that our bodies hold onto stress, and by addressing the physical sensations associated with it, we can improve our emotional and mental states. Incorporating somatic action into your routine can lead to greater balance and overall well-being.