



Introduction To Somatic Healing

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This content has been created by a qualified counsellor and coach, with care and professional insight. It is designed to offer support, reflection, and guidance — but it does not replace the depth of 1:1 therapeutic or medical care tailored to your specific needs. If you are currently struggling with your mental health or navigating trauma, please seek individual support. You are worthy of being supported with care.

"your body is not a battleground — it's a storyteller. every ache, every flutter, every quiet tension has a history, a truth it's been holding for you. healing isn't about silencing those sensations, but learning to listen with compassion. when we stop trying to think our way out of pain and begin to feel our way back into safety, the body finally exhales. and in that exhale, something soft begins — a return to wholeness, one breath at a time."

These tools are here to support you, but you don't have to figure it out on your own. Book a free call to see how therapy or coaching could help you feel more grounded, connected, and safe.

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What Does “Somatic” Really Mean?

Somatic simply means “of the body.” While we often think of emotions and memories as being stored in the mind, research shows that our experiences are also held within the body — right down to the cellular level.

This helps explain why we can sometimes feel anxious, tense, or unsafe in our bodies even when we’re not having anxious thoughts. Maybe it shows up as tightness in your chest, a nervous stomach, or chronic tension that seems to flare up during stress.

You might notice these sensations in certain environments, with particular people, or at specific times of year — even if nothing “bad” seems to be happening. That’s because the body can remember what the mind has forgotten or learned to suppress.

When we go through difficult or overwhelming experiences, our nervous system can become stuck in protective patterns like fight, flight, freeze, or fawn. These patterns can live on in the body long after the original event, shaping how we feel, react, and relate — often without us fully realising it. Somatic work helps us reconnect with the body, listen to its messages with curiosity, and gently begin to release what it’s been holding. It’s not about “fixing” yourself — it’s about remembering your body’s wisdom and finding safety from the inside out.

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What Is a Felt Sense?

A felt sense is the experience of tuning into your internal world — noticing the quiet language of your body, beyond thoughts or labels. It's the way your body communicates through physical sensation, energy, and instinct.

During felt sense work, you might become aware of:

Physical Sensations

- Warmth or coolness
- Pressure or tightness
- Buzzing, tingling, or numbness
- Lightness or heaviness
- Aching or pulsing
- Airflow or movement

Sensory Input (Real or Imagined)

- Sound, scent, or taste
- Visual impressions (even with eyes closed — through your imagination or “mind’s eye”)

Intuitive Impressions

- A sense of space, shape, or volume
- Motion (stillness, swirling, expanding, contracting)
- Texture or weight
- Colour, lightness, or shadow
- Emotional energy (sadness, calm, fear, etc.)
- Elemental qualities (earthy, fiery, airy, watery)
- Even a sense of absence — like emptiness or a hollow space

As you explore your body’s inner landscape, you might find these sensations shifting subtly — getting softer, clearer, or changing altogether. Try to stay curious. There’s no right or wrong way to experience it.

Afterward, you can write down what you noticed. Even the smallest detail matters — that’s how we begin to rebuild connection with ourselves, one quiet moment at a time.

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A Gentle Note Before You Begin

Before starting the felt sense meditation or body awareness exercise, we encourage you to take a moment to read through the full guide and the included disclaimer.

For many people — especially those who've experienced trauma — tuning into the body can feel unfamiliar, uncomfortable, or even triggering. You are not alone if sensations feel vague, strange, or overwhelming at first. That's a completely natural response when the body has learned to protect itself.

In fact, many trauma-informed therapists begin with this very practice to gently support clients in reconnecting with their internal world. It can take time, and that's okay. You're not doing it wrong — your body is just learning how to feel safe again.

This felt sense activity is designed as a supportive tool, not a replacement for professional help. It may help soothe nervous system symptoms or increase your awareness, but it is not a form of treatment or diagnosis. If you have a complex history or are unsure whether this is right for you, please consider speaking with a qualified mental health or somatic therapist for guidance.

If, during the practice, you notice discomfort, numbness, or distress in a particular part of your body, it's okay to shift your focus. Try bringing your attention to a neutral, stable area instead — like the feeling of your feet on the ground or your breath moving through your chest. Grounding yourself in this way can help bring a sense of steadiness.

When you're finished, it's often helpful to follow up with a grounding or nervous system soothing exercise. Over time, with support, you can build greater capacity to explore the deeper layers of sensation and healing that your body holds — at your own pace, in your own way.

You're already doing something brave by being here. Be gentle with yourself.

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ACTIVITY INSTRUCTIONS

Meditation

Find a quiet, comfortable space where you can sit or lie down without interruption. Let your body settle, and gently begin to bring your awareness inward.

Take a few slow breaths. Simply notice what's happening in your body — without trying to change anything.

Allow yourself to become curious. What sensations do you feel? Start with what's obvious, then notice any subtleties: warmth, tightness, lightness, pulsing, or stillness. Even the most delicate shift or flicker of sensation is worth your attention.

Body Scan Tracker

After your meditation, take a moment to explore the Body Scan Tracker on the next page. This is your space to reflect on what you noticed.

You can:

- Write descriptive words
- Colour areas that felt warm, heavy, or activated
- Trace textures using crayons or pencils
- Use shapes, patterns, or symbols to represent how different parts of your body felt

Felt Sense Journal

This template is here for you to record your full experience in writing. What came up during your meditation? Were there emotions, memories, sensations, or images?

Try repeating this practice regularly — even once a week — and use the journal to gently track how your awareness and connection with your body begin to shift over time.

This is a space for self-connection, not perfection. Progress might be quiet or slow, but every time you return to your body with care, you're deepening the path back home to yourself.

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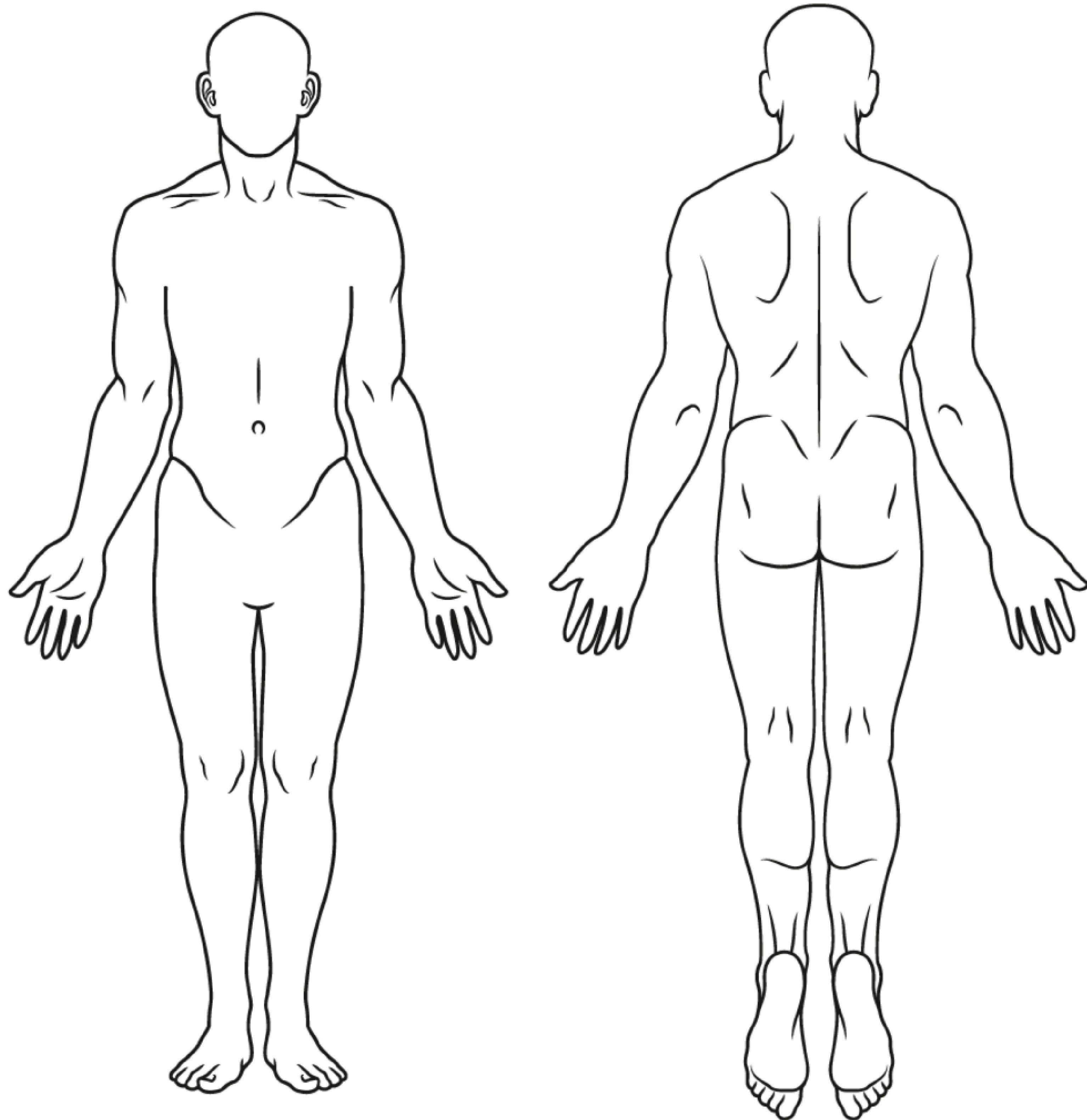
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“Felt Sense” Body Scan Tracker

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