

Somatic Response

How to Activate the Parasympathetic Response

Introduction

Our bodies know how to move into Fight, Flight and Freeze and Rest and Digest. So, repeat after me, "Trauma/stress reside in the nervous system not in the event itself." So, if we want to unwind the nervous system we need to start with the stress response.

Let's take this example. If someone outside the room dropped a platter of glass your amygdala would send a message.



- › **Response: Jaw Tighten. Intervention: Lions Breath.** So the first intervention is called lions breath. So, place your feet flat on the floor and take a deep breath in and then stick your tongue out with a "Blah." Let's do it again, inhale and on the exhale breathe out, "Blah!"
- › **Response: Eyes Narrow. Intervention: Cover Eyes.** Next the eyes and brow narrow in and contract. Anyone get stress headaches? Placing heat over the eyes helps resolve the brow.
- › **Response: Shoulders Rise. Intervention: Big Sigh.** After this the shoulders move up and the palms turn downward. To reverse this, turn palms up with a heavy sigh.
- › **Response: Chest Caves. Intervention: Seated Back Bend.** Next the abdominal muscles tighten and the chest caves. So our intervention will look like deep belly breathing and a back bend stretch.
- › **Response: Knees Roll In. Intervention: Lunge.** Finally, the hip flexors tighten and knees and ankles roll in—So to release your hip flexors, step your right foot back into a lunge—release the hip flexor. Now switch sides. If you release the hip flexor, "the fight flight freeze muscle" it lets the mind know everything is ok.

Conclusion

In summary, Yoga-Based Movement takes the spine in six directions (forward bends, back bends, side bends and twists) which we will go through now to get the mind and body into a RELAXED ALERT STATE, where your body is relaxed but your mind is awake.

