

# AFTERCARE Somatic Sessions

You did some powerful emotional work today, feeling your body and your feelings, and discovering what they are telling you.

Over the next 24-48 hours, please prioritize hydration and rest. It's completely normal to feel the need to release some of the energy that was stirred during our work. You might notice thoughts, emotions, or sensations surfacing.

I encourage you to allow this release to happen not only through thinking or talking, but also through these gentle practices:

- **Gentle Movement:**
  - Slow, intentional movements like cat-cow stretches.
  - Gently shaking your body to release tension.
  - Light jumping or dancing to express energy.
  - A mindful walk in nature.
- **Sound & Vocal Release:**
  - Making animal sounds or blowing raspberries to release tension in your jaw and throat.
  - Screaming into a pillow for a safe emotional outlet.
  - Allowing yourself to cry if tears arise – it's a powerful way to process.
- **Physical Self-Care for the Emotional Body:**
  - Tapping your head or chest gently to ground yourself.
  - Giving yourself a warm, comforting hug.
  - Gentle caresses or a self-massage on areas that feel tight or sensitive.
  - Taking a warm bath or shower.

Whatever comes up for you, please know that it is perfectly okay and a natural part of the integration process. This is your body's wisdom guiding you.

If you find yourself needing to be heard and seen in these moments, please reach out to someone you deeply trust and simply ask them to witness you in your journey.

Remember, you are supported.

With gratitude  Gaia