



Somatic Exercise

# Complete & Comeback

**Instructions: Complete**

1

## **Settle Your Body**

Sit or stand with your feet on the floor. Let your shoulders drop and notice the support beneath you.

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2

## **Cross and Hold**

Cross your arms over your chest, placing each hand on the opposite shoulder like a gentle hug.

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3

## **Soften Your Gaze**

Close your eyes or soften your gaze on one spot in front of you.

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4

## **Tap and Breathe**

Slowly alternate tapping left and right with your hands while you breathe naturally for about 60 seconds.

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5

## **Notice the Shift**

Pause the tapping. Notice any small changes—your breathing, muscles, or emotions—even if they're very subtle.

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**Instructions: Comeback**

6

## **5 Things You Can See**

Look around and name five things you can see, either out loud or in your mind.

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7

## **4 Things You Can Feel (Touch)**

Notice and name four things you can feel with your sense of touch (clothes on your skin, chair, air on your face, feet on the floor).

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8

## **3 Things You Can Hear**

Listen for three different sounds (near or far) and name them.

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9

## **2 Things You Can Feel Inside**

Notice two sensations inside your body (your breath moving, heartbeat, warmth, pressure, or weight).

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10

## **1 Thing You Can Taste**

Notice one thing you can taste (a sip of water, mint, or simply the taste in your mouth).

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