



Somatic Matrix Healing

Thresholds for Change . Gloria Gonzalez . 858.459.0899

I notice that I have the **BRAKES** on in certain areas: low energy, tired, avoid situations or communication, can't sleep, difficulty with motivation and handling stress, disconnected, low blood pressure, poor digestion, chronic pain, auto-immune disorder.

These tools can help me, and I will choose 2-3 to start my healing journey.

When I am out of sorts I will:

- ✓ Use Grounding: be with nature, sit outside (and read), hike, sit at the beach, saltwater bath, drink herbal tea, eat fresh foods, go for a walk, engage in movement/exercise, engage in breath awareness.
- ✓ Use safety statements/affirmations: My name is ____, I am safe right now. I am in the present, not the past. I am located in ____ and the date is ____.
- ✓ Engage Self-Soothing: listen to soothing music, turn off all sound/noise, recite a mantra. Read a comforting book.
- ✓ Use a presence statement: My name is ____, I am safe right now. I am in the present, not the past. I am located in ____ and the date is ____.
I am here in this time, in this place, and in this moment as I look around, I can notice that all is well
- ✓ I can make contact with other people to clear isolation. This will be friends and family, as well as free groups, a church group, volunteering. I can contact a therapist.
- ✓ I give myself permission for healthy boundaries in order to have time out to grow. I can avoid toxic people and environments.
- ✓ I can write a list of 3-5 gratitudes each day that I really, really mean because I know and feel they are true. (science proves this works!)
- ✓ I can become comfortable with progress (not perfection). I remind myself that growth can be uncomfortable at times, especially in transition zones. True growth unfolds a step at a time – I am growing!
- ✓ I can be empowered and take responsibility for self-care and self-healing. I notice where I can make a difference, and where I am not in control – and be OK with both. I prioritize MASSAGE, YOGA, TIME IN NATURE, COUNSELING, RESEARCH ON THE INTERNET FOR SELF-CARE. It works, and I AM WORTH IT !!



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I notice that I have the **ACCELERATOR** on in certain areas: anxious, vigilant, internally speeded up, over do (work, family), compulsions, can't sleep, panic, startle easily, digestive issues, restless, high blood pressure, heart arrhythmia, emotional flooding, chronic pain, angry.

These tools can help me, and I will choose 2-3 to start my healing journey.

When I am out of sorts I will:

- ✓ Use Grounding: staying in touch with the present. Earthing, saltwater bath, describe the environment verbally.
- ✓ Engage Self-Soothing: carry a photo of someone or a pet that I care about and look at it periodically throughout the day and breathe deeply. I will feel the love in my body and identify where that is.
- ✓ Use a safety statement: My name is _____, I am safe right now. I am in the present, not the past or future. I am located in _____ and the date is _____. I am here in this time, in this place, and in this moment as I look around, I can notice that all is well
- ✓ I can have time to feel whatever I am feeling for ___ minutes a day. I give myself this freedom. I name this feeling and recognize. I recognize it may be calling me to take find new information for a new step on my path.
- ✓ I make note of the body part in which I am having the feeling. I then sit with the sensation, first allowing it to be, without trying to change it. It may shift by itself, but if it does not, I know I have options, like the ones above.
- ✓ I can slow my breathing with 10 Alternate Nostril breaths or measured breathing: breathing in 4, hold 4, breathe out 4 - for 4 cycles.
- ✓ I can contemplate what my TRIGGERS are. I observe my vigilance and anxiety. Are they related to past wounding? Can I get help? YES!
- ✓ I can seek the help of a counselor/therapist who can help me sort this out!
- ✓ I can write a list of 3-5 gratitudes each day that I really, really mean because I know and feel they are true.
- ✓ I can use relaxation tapes or guided imagery tapes.
- ✓ I can become comfortable with progress (not perfection). I remind myself that growth can be uncomfortable at times, especially in transition zones. True growth unfolds a step at a time – I am growing!
- ✓ I can be empowered and take responsibility for self-care and self-healing. I notice where I can make a difference, and where I am not in control – and be OK with both. I prioritize MASSAGE, YOGA, TIME IN NATURE, COUNSELING, RESEARCH ON THE INTERNET FOR SELF-CARE. It works, and I AM WORTH IT !