**Physical Practices for Trauma Healing**

**Purpose:**  
This information sheet outlines 20 physical practices for trauma healing, emphasizing low-barrier-to-entry techniques. These approaches help release tension, regulate the nervous system, and reconnect with the body, making them accessible for a wide range of individuals.

**1. Feet-to-Ground Grounding** Place your feet flat on the floor or ground and press them down firmly. Notice the sensation of stability and connection to the earth. **Benefits:** Helps anchor you in the present moment and creates a sense of physical security.

**2. Chair Pushdowns** While seated, press your hands firmly onto the armrests or seat of a chair. Feel the resistance and engage your muscles as you press down. **Benefits:** Provides a quick physical reset and engages your body in a controlled action.

**3. Wall Push** Stand near a wall and push against it with your hands, focusing on the pressure and the engagement of your muscles. **Benefits:** Redirects excess energy and promotes grounding.

**4. Tactile Grounding** Hold a textured object, like a smooth rock or piece of fabric. Focus on its details, such as temperature, texture, and weight. **Benefits:** Reconnects you to the present through sensory input.

**5. Weighted Items** Use a weighted blanket, vest, or even a heavy backpack to apply gentle pressure to your body. **Benefits:** Simulates the comforting effect of a hug and reduces anxiety.

**6. Hand-Trace Technique** Place one hand flat and use the index finger of your other hand to slowly trace each finger. Inhale as you trace up a finger and exhale as you trace down. **Benefits:** Combines tactile sensation with mindful breathing for a calming effect.

**7. Body Scan Exercise** Mentally scan your body from head to toe, noticing areas of tension or discomfort. Take slow, deep breaths as you focus on each area. **Benefits:** Enhances body awareness and promotes relaxation.

**8. Seated Rocking** Sit in a chair and gently rock back and forth or side to side. Focus on the rhythmic motion. **Benefits:** Provides comfort and regulates the nervous system.

**9. Wrist or Ankle Rolls** Slowly rotate your wrists or ankles in circles, paying attention to the sensations. Change directions after a few rotations. **Benefits:** Encourages gentle movement and increases awareness of your body.

**10. Gentle Squeezing** Squeeze a stress ball, your fists, or even hug your arms to your chest tightly and then release. **Benefits:** Releases pent-up tension and provides a sense of containment.

**11. Cold or Warm Sensory Reset** Hold an ice cube or place a warm compress on your skin. Focus on the temperature and how it feels against your body. **Benefits:** Activates the nervous system and helps redirect focus from emotional distress.

**12. Breath Counting** Sit comfortably and count your breaths, focusing on the inhale and exhale. For example, inhale for 4 counts, exhale for 6 counts, and repeat. **Benefits:** Regulates breathing and calms the body.

**13. Butterfly Hug** Cross your arms over your chest so your hands rest on your shoulders. Gently tap each shoulder alternately while taking slow, deep breaths. **Benefits:** Combines touch and bilateral stimulation to promote calm.

**14. Walking With Focus** Take a short walk and pay attention to how your feet feel as they touch the ground. Count your steps or focus on the rhythm of your movement. **Benefits:** Grounds you in the present and provides gentle physical activity.

**15. Simple Stretching** Perform basic stretches, such as reaching for the ceiling, touching your toes, or gently twisting your torso. Hold each stretch for a few seconds and breathe deeply. **Benefits:** Releases muscle tension and promotes flexibility.

**16. Open-Hand Tapping** Gently tap your legs, arms, or chest with open hands in a rhythmic pattern. Focus on the sensation of the tapping. **Benefits:** Provides sensory input and helps regulate emotions.

**17. Finger Tapping Exercise** Tap each finger against your thumb in sequence, then reverse the order. Focus on the movement and rhythm. **Benefits:** Improves focus and reduces mental overwhelm.

**18. Handwriting or Drawing** Use a pen or pencil to write or doodle. Focus on the sensation of the pen on paper and let your thoughts flow freely. **Benefits:** Provides a tactile distraction and encourages emotional expression.

**19. Safe Space Visualization** Sit quietly and imagine a place where you feel completely safe. Visualize its details—colors, sounds, smells—and take slow breaths as you “visit” this space in your mind. **Benefits:** Combines mental imagery with relaxation techniques to create a sense of safety.

**20. Simple Finger Stretching** Gently pull each finger back or stretch them outward one at a time. Focus on the stretch and how it feels. **Benefits:** Encourages mindfulness through simple, controlled movement.

**Conclusion:** These physical practices are accessible and adaptable to various needs, helping you regulate emotions and reconnect with your body. They can be used as standalone techniques or integrated into a broader healing routine. Explore these options to find what works best for you and incorporate them into your daily life for ongoing support.