



Trauma-Sensitive Body Scan

Begin by finding a position that feels workable for your body right now.

You might sit, lie down, lean against something, or even stand.

There is no correct posture.

If closing your eyes feels uncomfortable, you can keep them open or softly focused on a point nearby.

Before bringing attention inward, take a moment to notice the room around you.

Notice colors, light, shapes, or objects.

Take your time.

As you begin, remember:

You are allowed to pause.

You are allowed to skip any area of the body.

You are allowed to stop at any point.

There is nothing you need to achieve here.

Now, gently bring awareness toward your feet.

You do not need to feel strong sensations.

You may notice:

- pressure
- temperature
- contact
- tingling
- numbness
- or perhaps very little at all

Any experience is okay.

If attention drifts, that is natural.



Slowly notice the lower legs...
knees...
upper legs...

If any area feels too intense, you might shift attention:

- back to the room
- to your breathing
- or to a more neutral part of the body

Continue at your own pace.

Bring awareness toward the hips and pelvis.

You do not need to stay long.

Then the belly.

Perhaps noticing movement from breathing.

Or perhaps not.

Now the chest and upper back.

You may notice emotion here.

Or nothing at all.

Both are completely acceptable.

Bring gentle awareness into the shoulders...

arms...

hands...

fingers...

Notice if there is any impulse to move, stretch, or adjust.

You may follow that impulse if it feels supportive.

Now the neck...

jaw...

face...

eyes...

forehead...



Finally, if it feels okay, notice the body as a whole.

Not as something to fix.

Just something to be with for this moment.

Take a few breaths in your own rhythm.

When you're ready, slowly reconnect with the space around you.

Notice the room again.

Perhaps gently moving fingers or feet before continuing with your day.

Trauma-Sensitive Orienting Practice

This practice is about helping the nervous system recognize the present environment.

There is nothing you need to force.

Begin by letting your eyes move naturally around the room.

Not searching.

Just noticing.

Allow your head and neck to move slowly if comfortable.

Notice:

- colors
- textures
- light
- shadows
- shapes
- distance

You might pause on objects that feel neutral, pleasant, or steady.

Perhaps:

- a plant



- a blanket
- a doorway
- the sky
- a familiar object

Take your time.

If your body wants to look away from something, let it.

You do not need to hold attention anywhere uncomfortable.

As you look around, occasionally notice your body too.

Maybe the support beneath you.

Maybe your breathing.

Maybe your feet on the floor.

You are not trying to convince yourself that everything is safe.

You are simply allowing the nervous system to gather current information.

Notice if anything inside shifts even slightly:

- breath
- muscle tension
- alertness
- temperature
- settling

There is no right outcome.

When you feel ready, allow your gaze to come to rest.

Trauma-Sensitive Grounding Through Contact

Begin by noticing one place where your body is being supported.

Perhaps:



- feet touching the floor
- legs against a chair
- hands touching fabric
- your back against a wall

Choose whatever feels easiest to notice.

There is no need to scan the whole body.

Simply stay with one point of contact.

Notice:

- pressure
- weight
- texture
- temperature

You do not need to relax.

You do not need to feel calm.

Just noticing contact is enough.

If difficult thoughts or sensations arise, gently return to the point of support.

You might experiment with slightly pressing your feet into the floor.

Then releasing.

Notice any response in the body.

Or perhaps press your hands together lightly.

Then soften.

Move slowly.

You are in charge of pacing.

Take a moment to notice that support exists beneath you right now.



You do not need to earn support.
The ground is already holding you.

Trauma-Sensitive Pendulation

This practice involves gently moving attention between discomfort and steadiness.

The goal is not to relive distress.

The goal is flexibility and regulation.

Begin by identifying something in your experience that feels neutral, pleasant, or simply less intense.

Maybe:

- warmth in your hands
- support from the chair
- a steady sound
- your feet on the floor

Spend time there first.

Really allow your nervous system to register it.

There is no rush.

Now, if it feels manageable, briefly notice a difficult sensation or emotion.

Only touch it lightly.

You do not need to fully enter it.

Perhaps noticing:

- tightness
- pressure
- heaviness
- restlessness



- emotional activation

Stay only for a few seconds.

Then gently return attention to the steadier place.

Rest there longer.

Notice the difference between the two experiences.

You are practicing moving in and out of activation, rather than becoming stuck inside it.

If at any point activation becomes too strong, return fully to grounding or orienting.

You are allowed to stop immediately.

Continue slowly:

activation...

then steadiness...

activation...

then steadiness...

Like waves moving back and forth.

There is no need to force processing.

Trauma-Sensitive Breath Practice

For some people, focusing directly on breathing can feel calming.

For others, it can feel vulnerable or activating.

You are invited to approach this gently.

You do not need to control your breath.

First, simply notice where breathing is easiest to feel.

Maybe:

- nostrils
- chest
- belly



- shoulders
- back ribs

Or maybe it feels easier to notice the exhale only.

Allow the breath to be natural at first.

If it feels supportive, you might slowly lengthen the exhale slightly.

Without straining.

Perhaps breathing in gently...
and letting the exhale last a little longer.

No counting required unless that feels helpful.

If focusing inward becomes uncomfortable, open your eyes and reconnect with the room.

You can always shift attention outward again.

There is no correct way to breathe here.

The practice is noticing, not performing.

Trauma-Sensitive Micro-Movement Practice

Begin by noticing whether your body has any small impulse toward movement.

Not movement you think you should do.

But movement the body seems curious about.

Maybe:

- rolling shoulders
- stretching fingers
- shifting weight
- turning the head
- swaying slightly

Allow the movement to be very small.



Almost subtle.

Move slowly enough that you can notice:

- where movement begins
- what changes
- what muscles participate
- whether the movement feels supportive, neutral, or unpleasant

You are allowed to stop any movement immediately.

There is no need to push through discomfort.

Pause often.

Notice what happens after movement too.

Perhaps:

- warmth
- breath changes
- emotion
- more space
- fatigue
- nothing noticeable

All responses are valid.

This practice is about rebuilding communication with the body through choice and curiosity.

Trauma-Sensitive Walking Mindfulness

Begin walking at a pace that feels comfortable.

You do not need to walk slowly if that feels unnatural or vulnerable.

Notice the sensation of one foot contacting the ground.

Then the next.



You might notice:

- heel touching
- shifting weight
- muscles engaging
- air on your skin
- sounds nearby

If focusing internally becomes overwhelming, spend more time noticing the environment around you.

Perhaps:

- trees
- buildings
- colors
- sounds
- movement

You are not trying to empty the mind.

Thinking is allowed.

Each time you remember, gently reconnect with walking.

If stopping feels supportive, pause occasionally and notice your surroundings.

This is not a performance.

There is nowhere to arrive.

Trauma-Sensitive Self-Touch Practice

Before beginning, notice whether self-touch feels welcome today.

If not, you might place your hands nearby instead of directly on the body.

Perhaps choose:



- hand on chest
- hand on belly
- holding your own forearm
- hands together
- wrapping in a blanket

Use only the amount of pressure that feels supportive.

Notice warmth and contact.

You do not need to create comfort.

Simply notice what is present.

You might quietly say:

- 'Here.'
- 'Right now.'
- 'Breathing.'
- 'One moment at a time.'

If emotion arises, there is no need to analyze it.

Continue noticing support and contact.

You are allowed to stop or change positions whenever you want.

Trauma-Sensitive Gentle Stretching Script

Begin by noticing your current energy level.

There is no ideal state you need to reach.

Start with very small movements.

Perhaps rolling shoulders...

stretching arms...

turning the head gently...



Move slowly enough that you can notice sensation clearly.

Focus less on flexibility and more on communication with the body.

Notice:

- pulling
- resistance
- warmth
- shaking
- ease
- stopping points

Avoid pushing into pain.

You are allowed to back out of any stretch immediately.

Pause often between movements.

Notice what changes after each movement.

You might ask:

- Does this movement increase ease?
- Does it increase tension?
- Do I want more, less, or different?

Let the body participate in the decision-making.

Toward the end, allow the body to become still for a moment.

Notice any lingering sensations.

Reconnect with the room before finishing.