

DAILY MOVEMENT TIPS FOR THERAPISTS

1 WHERE DOES IT LIVE?



Identify how you are feeling after a session. Be curious with where it lives in your body. Provide gentle touch to that area. Offer a gentle mantra to acknowledge its existence and imagine it leaving your body. Move through how it leaves your body. Is it gentle and light? Is it abrupt with high intensity? Embody it.

The goal here is to release any emotions and/or stress you may have absorb within this session. With several counseling skills being expressed during the session you begin to take on the energies that were left with you. It can evoke certain feelings or emotions for you which is why it is important to re-establish your body's natural state of homeostasis.

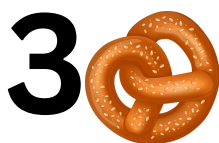
Begin with your distal ends and make your way towards your core. Explore various levels as you shake as well.

SHAKE IT OUT!



2

THE PRETZEL



Steps To Take:

- 1.) Crossing one arm over the other, palms face each other with fingers pointing the floor.
- 2.) Interlock Fingers
- 3.) Gently raise your elbows to allow your clasped hands to reach your chest (fingers still interlocked)
- 4.) Begin to contract & release hands and arms into body, offering a squeezing sensation.

Create your favorite playlist of "Feel Good" vibes and move your body, with no instruction.

Simply moving your body releases natural hormones your body produces to experience feel-good effects.

DANCE



4

A FINAL MESSAGE:

Dance and movement happens every moment of everyday; starting with our breath. When coupled with our favorite tunes or given the opportunity to connect with self and go within, we find the deepest connections.

It is essential to keep in mind how to offer "help for the helper." Through these few movement breaks provided, it is my hope that you remain connected to self when supporting others.