

5 Types of Somatic Practices to Aid in Recovery



●●● Yoga

01

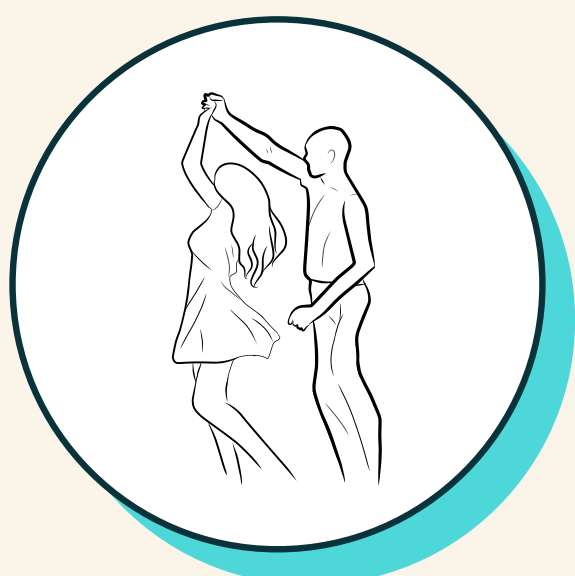
Yoga is beneficial to healing thanks to the ways it connects the mind & body. From body awareness, tension relief, to community and support-yoga is a great tool for healing!



●●● Walking

02

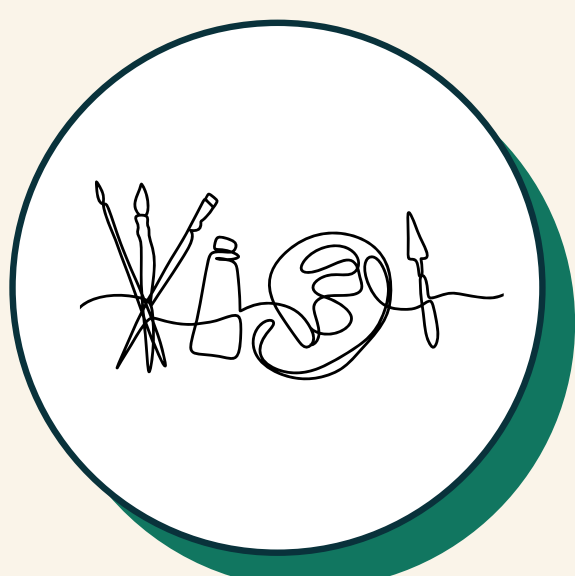
Walking is a great way to regulate breathing and improve physical health. It can improve mental health and help create a sense of well-being. Walking is a great way to improve mood & make social connections!



●●● Dancing

03

Dancing can help improve flexibility & mobility, and help reduce stress. It can reduce stress and is an excellent form of creative expression!



●●● Making art

04

Creating art of any kind can be helpful in rebuilding self-expression. It can allow for self-discovery and new insights. An extra benefit: it doesn't have to be objectively "good"! It can be just for you!



●●● Spending time in nature

05

Time in nature can provide perspective and provide a sense of peace. Sunlight & fresh air can improve mood and create emotional well-being. The calming effects of nature can aid in both physical and mental healing!