

Somatic Release

1

Notice & Name It

Write down on a piece of paper, “I am feeling ANGRY.”

2

Below the Surface

List any feelings underneath the feeling you identified (fear, hurt, overwhelm, injustice).

3

Physical Release

Expel the physical and mental energy that has built up from your feeling by tearing up all of the paper into as many pieces as you can! You can also say the feeling out loud as you tear the paper.