



# SOMATIC RESET TOOLS

## ON SCENE / IN THE TRUCK

### GROUND >

- Press into your boots
- Engage your legs

COME BACK INTO  
YOUR BODY

### ORIENT >

- 3 colors
- 2 sounds
- 1 smell

SIGNAL SAFETY

### BREATHE >

- Inhale for 4
  - Exhale for 6-8
- OR
- Inhale / Top-up inhale
  - Long exhale

SLOW THE SYSTEM

OPTIONAL: Integrating Pendulation

Moving between the "charged" and "calm" parts of the nervous system.

## AFTER THE CALL

### RESET >

- Shaking the Body (1 min)
- Wakes up the nervous system, releases tension, and grounds you in the present.

### RELEASE >

- Tapping & 4-Part Release Movement
- Lets emotions and stress flow out safely, freeing blocked energy.

### REGULATE >

- Hand on Heart / 3-Part Breath
- Soothes the nervous system, restores calm, and integrates body and mind for balance.