

Somatic Practice for Resilience

Somatic practice encompasses a range of mind-body techniques designed to foster greater awareness and connection between the body and mind. In the context of feminist work, where individuals frequently encounter microaggressions, violence, and oppressive narratives, somatic practice is a crucial tool for navigating and mitigating the impact of these challenges. Pilates, specifically, combines controlled movements with breath awareness to enhance core strength, flexibility, and overall physical well-being, building on physical resilience and strength as a means of embodying mental resilience.

To follow-up on the Trauma-informed Pilates sessions, hosted by COFEM, this guide will introduce extra resources and guidance for incorporating Pilates, or other somatic practices into your daily life as a powerful counterbalance to the toll of the mental and emotional challenges inherent in feminist work.

Pilates resources:

[For beginners](#)

[Morning flow](#)

[Pilates for better sleep](#)

Yoga resources:

[Trauma-informed hip stretching for emotional release](#)

[Releasing stored trauma](#)

Emotional Freedom Technique (EFT):

[How to tap: EFT informational video](#)

Other practices:

[Healing dance to release tension](#)

[Body scan meditation](#)

[Autonomous sensory meridian response \(ASMR\)](#)

There are numerous practices and techniques that can have a healing somatic impact. These are just a few resources that I have found helpful in releasing tension, and generating physical and emotional resilience. I encourage you to use these links as a starting point to explore the dozens of online resources available to find the practices that best support your well-being. Thank you for your work, and wishing you happiness and health throughout this holiday season and into the new year.

Warmly,
Jen

