

Somatic Resources

CONTAINMENT RESOURCES

Purpose: To explore resources that bring awareness to your skin and superficial muscles in order to better sense your physical “container” and help you tolerate and contain the thoughts, emotions, sensations, or memories that you experience.

Directions: Try each of the different containment resources below and describe the effects on your thoughts, emotions, and body. You can try the ones that work best when you are feeling dysregulated or stressed, and discover which ones are most resourcing for you. Make a star next to any that are most useful to you and discuss with your therapist.

Use your hands to squeeze the muscles all over your body—head, face, neck, arms, back, hands, chest, belly, hips, arms, legs, feet. Then try tapping your body with your fingertips. Be mindful of the sensations this produces all over the container of your body.

Thoughts

Emotions

Body

Explore tightening the muscles all over your body, sensing how the tension literally hardens your container. Sense the feeling of being less permeable, and perhaps more able to keep things out, and more able to contain your emotions and thoughts.

Thoughts

Emotions

Body

Use a loofah, washcloth, or soft brush to rub all over your skin on one side of your body and be mindful of the sensations this activity stimulates. Then pause before you do the other side to notice the difference in the two sides. You might try this resource in the shower or bath.

Thoughts

Emotions

Body

Wrap yourself up in a blanket or a shawl. You can do this in bed or while seated in a chair. Pull the blanket or shawl as tight as feels good to you in order to capture that feeling of being swaddled and snug.

Thoughts

Emotions

Body

In a seated position, with your feet flat on the floor, cross your arms and place each palm on the inside of the opposite knee. Then while pressing outward with your hands, press your knees inward against your palms. Hold the pressure as long as you like, then release and repeat.

Thoughts

Emotions

Body