

SENSORIMOTOR THERAPY

Sensorimotor techniques are also useful in limbic calming. In sensorimotor therapy, the therapist helps a person to notice sensory body responses and be in tune with their body's messages as a means to address healing. It is a means of engaging the body and the mind in the recovery process.

The following simple activities can encourage limbic calming:

- Take 5 minutes in the morning and evening to rock back and forth, or side to side, just noticing and relaxing the body.
- Find music or tones of music, with or without words, that bring you into a state of calmness.
- Practice deep breathing in sequences of three. For example, breathe, breathe, breathe. Rest. Breathe, breathe, breathe. Rest....
- Participate in some form of exercise for 12-15 minutes per day to increase serotonin and dopamine.
- Participate in 5-10 minutes per day of prayer or meditation, as the spiritual center of the brain is an area that is able to influence and calm the deeper regions of the brain.