



# The Velocity Method

## Somatic Tool Kit

When your body is in an anxious state it can not feel things clearly. Somatic tools can help shake off the anxiety so that you can move into a state of peace and serenity.

Choose any of these tools and play around with them. You might find one tool that you like the best or several in combination.

### **Tapping**

EFT, Emotional Freedom Techniques, which is a therapeutic modality that combines elements of traditional psychotherapy with acupressure. It is also known as "tapping" because it involves tapping on specific points on the body with your fingertips.

EFT is based on the concept that emotional and physical issues are caused by disruptions in the body's energy system. By tapping on specific acupressure points, EFT aims to restore balance to the energy system and alleviate emotional distress or physical symptoms.

My favorite tapping channel on YouTube is by Brad Yates. Click [here](#).

### **Breath Work**

Breath work refers to a range of techniques and practices that involve conscious control and manipulation of the breath to improve physical, mental, and emotional well-being. It encompasses various breathing exercises and patterns designed to elicit specific effects on the body and mind.

My favorite channel on YouTube is *Take a Deep Breath*. Click [here](#).

## **Laughter**

Laughter triggers the release of endorphins, which are natural "feel-good" chemicals in the brain. These endorphins promote relaxation, improve mood, and help counteract the physiological stress response associated with anxiety.

Be watchful of consuming media that has negative anxiety provoking feelings. Listen to funny podcasts, shows, or books that bring pure fun.

One of my favorite fun podcast is *The Bad Broadcast*. Click [here](#).

## **Dancing**

I am not the best dancer so I get in my head too much. But, just like my favorite artist says "Shake it off". Dancing, however your body moves, can help you to shake off anxiety. Blast your favorite song and just get up and move.

## **Journaling**

Journaling can be a great form of stress relief and relaxation. It provides an opportunity to unload worries, anxieties, and daily stressors onto paper. This helps to release emotional tension.

I love doing a few sentences of journaling each day.

Some of my favorite journaling techniques are gratitude, brain dumping, and visualization. Journaling prompts can also be helpful for each of those techniques.