

Containment – SOS Somatic Exercise for Overwhelm



Watch the [short video](#) accompanying this PDF which explains more about this somatic exercise and demonstrates how, when and why to do it :

This simple technique helps to reduce overwhelm due to external sensory overload or intense emotions and sensations. It is a go-to emergency resource for processing fight, flight, freeze and fawn nervous system activation. It contains and calms your body and reduces the stress response.

It brings your mind, body and nervous system into a more manageable state.

It's especially effective if someone talks through the steps and does the exercise alongside you. This could be me in the video.

The photo shows you how to do the exercise:

- right hand goes under the left armpit.
- left hand around the top of the right arm.

- notice your body without trying to change it.

It seems so simple and yet the self-soothing and regulating effects are powerful as the exercise supports the body to feel held, witnessed and contained. If you can say kind words to yourself at the same time, such as 'I know this will pass,' the impact can be more profound.