Sensorimotor Psychotherapy

STAR

Resource Protocol

A Fun Way to Feel Better!

Stop what you are doing. Focus on your body: What do you feel in your body right now?

Try some activities. Which ones help you feel better?

Ask yourself what feels better in your body. Focus on the good feelings and count to 15.

Refocus on the people, animals, sounds, smells, toys, or other things around you that you like.

Bounce on a bouncy ball or jump up and down.
Reach for a fidget toy or something else to squeeze, twist, or stroke.
Stand tall and reach for the stars with the top of your head.
Ground: stand up and pretend your feet have roots that go deep into the ground.
Breathe in deep, slow breaths through your nose into your tummy.
Hug yourself: cross your hands over your chest. Try squeezing or stroking your arms.
Tap your shoulders with opposite hands in a left-right rhythm.
Stop Sign: put your hand up in front of your chest and say, “Stop!”
Push your hands hard against each other or against a wall.
Hum or make buzzy noises. Try putting your hands over your ears.
Rock front-to-back or side-to-side. Or use a rocking chair or swing.
Drum your hands on a tabletop or a drum in a rhythm you like.
Walk slowly then faster. Try marching with stompy steps then tiptoe softly.
Smile big and small smiles. Try a laugh or a giggle.

Sensorimotor Psychotherapy Institute
...because words are not enough