



Rooted & Resilient

Somatic Tools for Sustainable Care

Presented by: Char Fields

SHAKE OFF THE DAY

A little shake or movement

3 deep sighs (with sound)

THE CYCLE I WAS STUCK IN



"Solutions"



Burnout



Shutdown



THE LIFE SOMATIC WORK MADE POSSIBLE



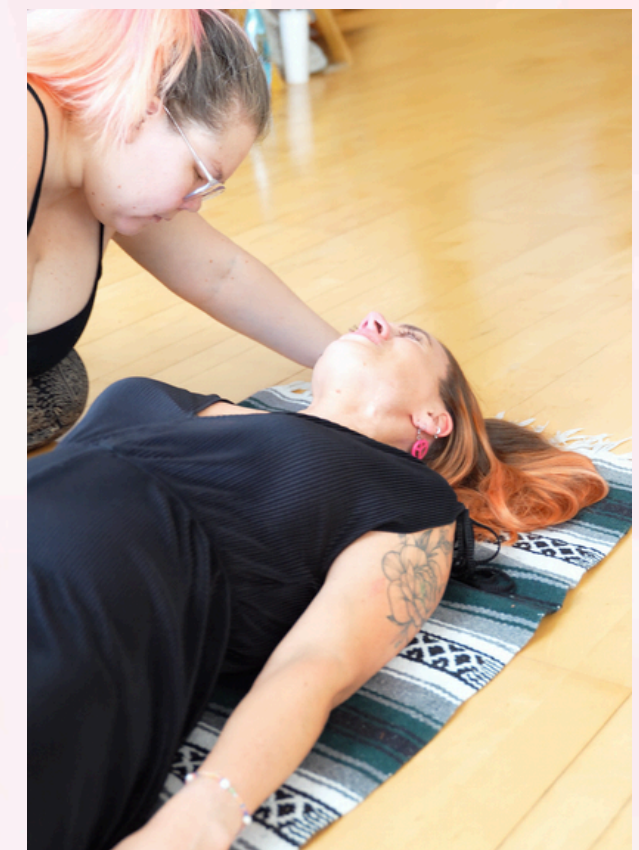
**Embodied
Safety**



**Recovery &
Reconnection**



**Growing
Capacity**



**Supporting
Others**

NERVOUS SYSTEM 101

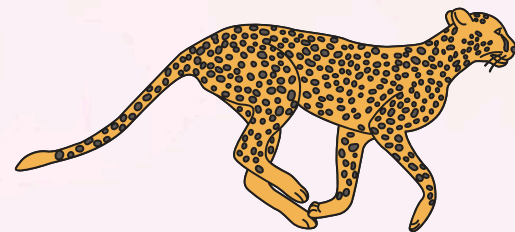
PROTECTIVE RESPONSES



Fight



Freeze



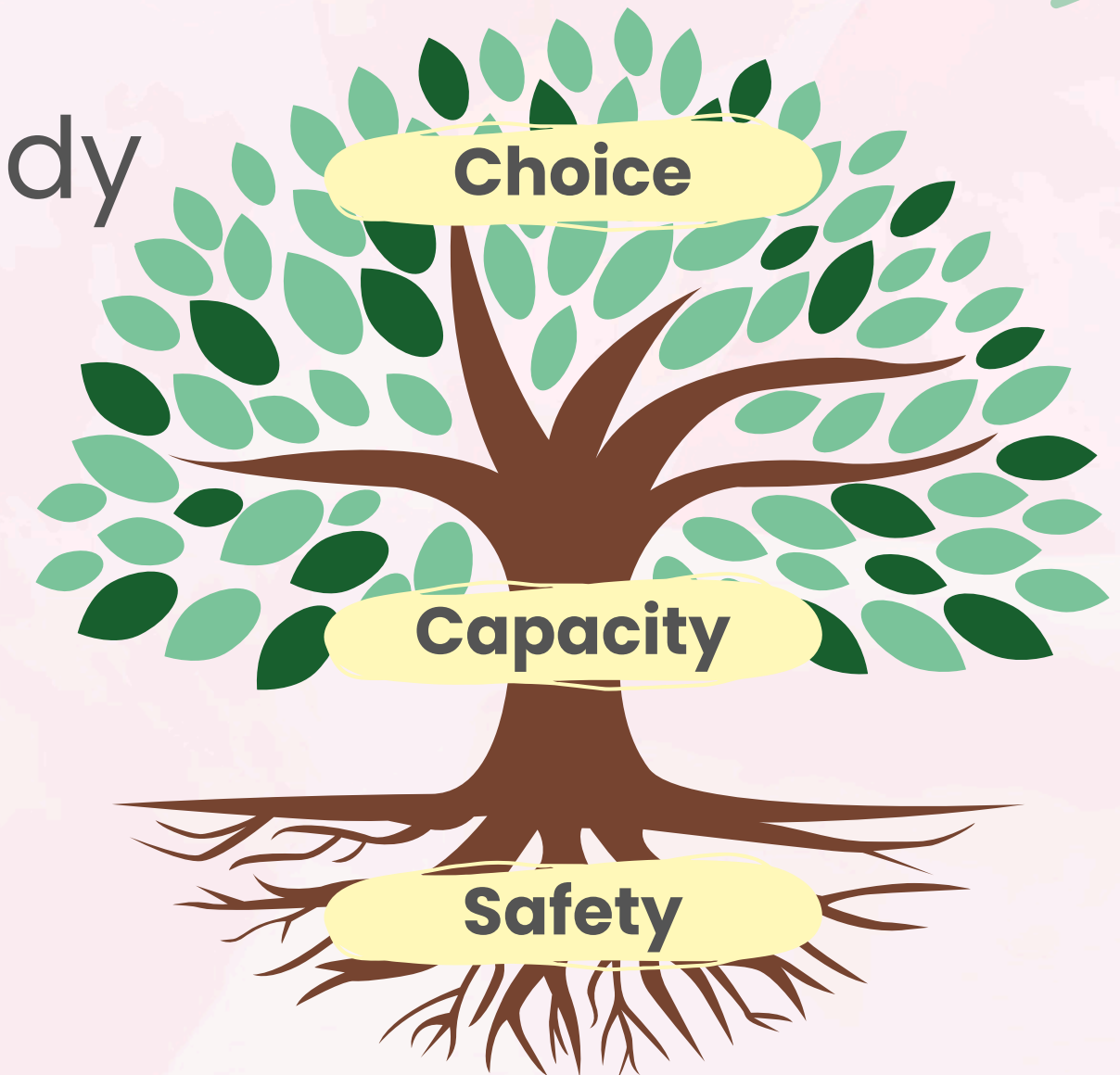
Flight



Fawn

UNDERSTANDING NS REGULATION

- ✦ Survival responses are protective.
- ✦ Regulation = feeling safe in the body
- ✦ Building safety in the body is like exercising a muscle. Attunement is key.
- ✦ Regulation and safety expand our capacity and ability to choose.



HOW OUR BODY COMMUNICATES



Sympathetic

Alert & activated energy

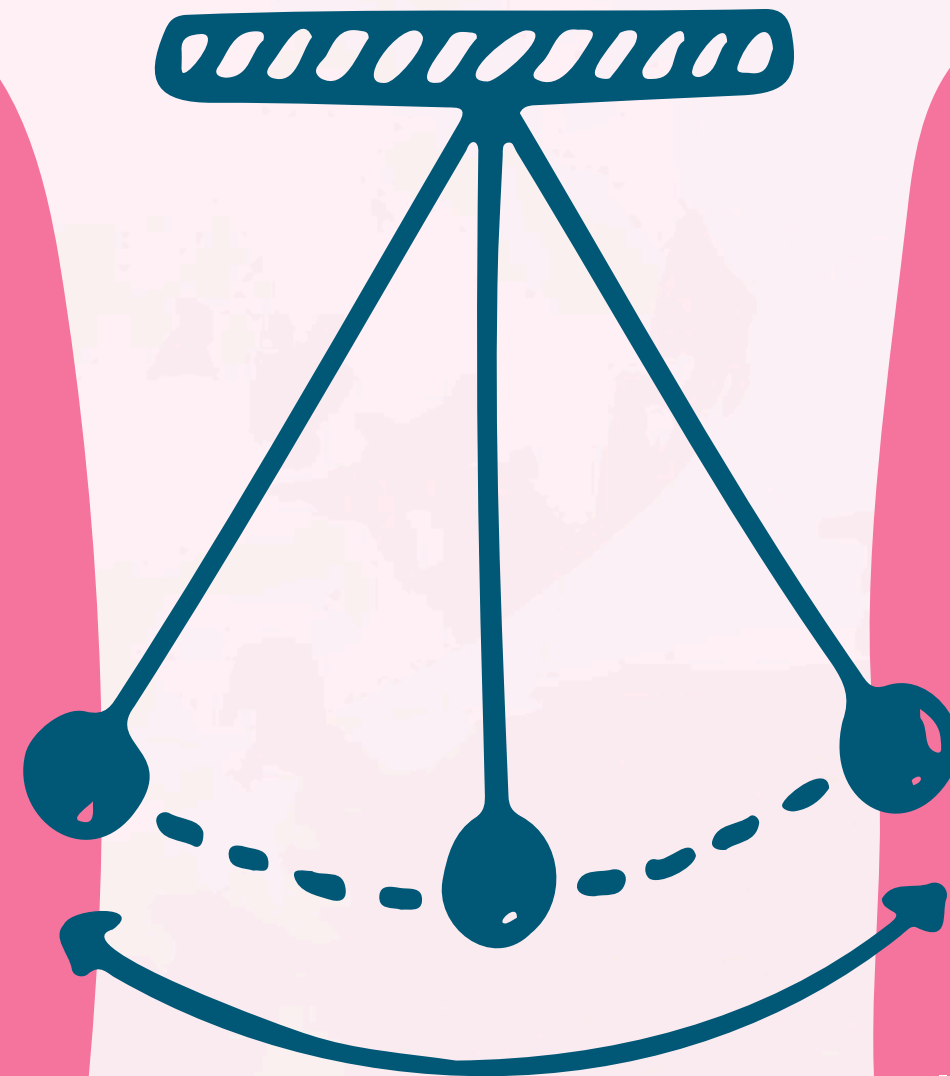
Faster heart rate

Tenseness in the body

Hyperfocus (tunneling)

Short exhailes

Safety through **protection**
(adaptive survival)



Parasympathetic

Rest & digest

Slower heart rate

Relaxed in the body

Open focus (receptive)

Elongated exhailes

Invites safety into the **body**
(rest/repair/co-regulate)

**We have the ability to
tap into either state**

THE TECHNIQUE

Mouth inhales, mouth exhales

Breath hold

Nasal inhales, nasal exhales

BREATHWORK MAY NOT BE A FIT
FOR YOU IF:

Pregnant

Epilepsy

Heart or retinal
complications

(within the last year)

*You can still participate,
just breathe how you
normally breathe*



EXPERIENCE THE BREATH

Mouth inhales, mouth exhales

Breath hold

Nasal inhales, nasal exhales

ATTUNE TO YOURSELF

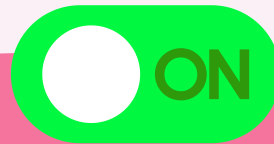
- ✦ What **sensations** do you notice in your body right now?
- ✦ What **emotions** do you feel in your body right now?
- ✦ What **stories** are present for you right now?
- ✦ What do you **need** or desire in this moment?



Pause

PULLING BACK THE CURTAIN

DAILY BREATHWORK



Sympathetic

First half of the practice

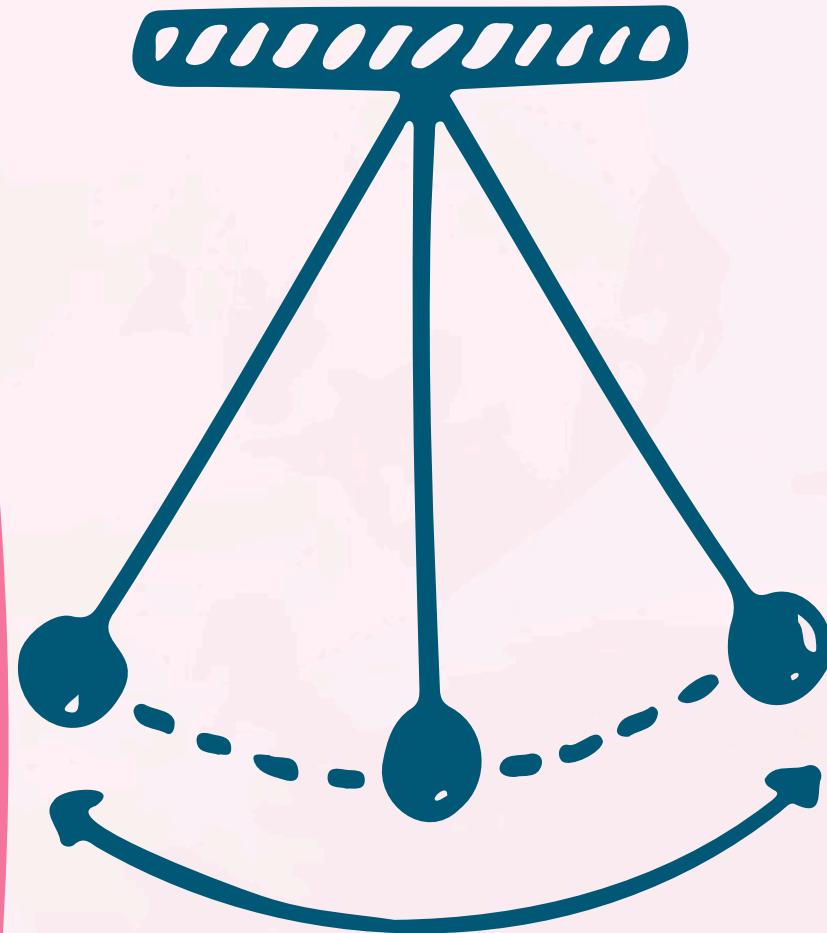
Shorter exhales

Mouth breathing

Energy mobilized

Sound & movement

Clearing to become clear



Parasympathetic

Second half of the practice

Longer exhales

Usually nasal breathing

Energy settling

Body softening

Inviting safety & restoration

**The breath helps the
body tap into either
state**

THE POWER OF ATTUNEMENT

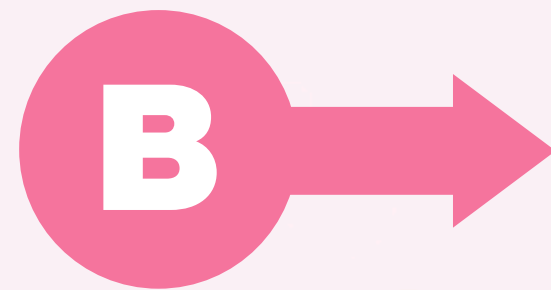
Attunement is a practice of observing what's happening in one's body, emotions, and environment

- ✦ Creates awareness of self and other
- ✦ Attunement signals "You matter"
- ✦ Felt safety softens defenses and protective responses
- ✦ Foundational for trust, safety & co-regulation



ATTUNING TO YOURSELF

HOW TO SHOW UP AS YOUR B.E.S.T. SELF



**Bodily
sensations**

..... *"I'm noticing..."*



Emotions

..... *"I'm feeling..."*



Stories

..... *"The story in my head is..."*



**Tending to needs
or desires**

..... *"I need..." / "I desire..."*

PEER PRACTICE

Partner A

Close your eyes

3 deep sighs

Breathe how you
normally breathe

Say your answers aloud

Be open to what
surfaces

Partner B

What **sensations** do you notice in
your body right now? (***give space***)

What **emotions** do you feel in your
body right now? (***give space***)

What **stories** are present for you
right now? (***give space***)

What do you **need** or desire in this
moment? (***give space***)



PEER PRACTICE (SWAP)

Partner A

What **sensations** do you notice in your body right now? (***give space***)

What **emotions** do you feel in your body right now? (***give space***)

What **stories** are present for you right now? (***give space***)

What do you **need** or desire in this moment? (***give space***)



Partner B

Close your eyes

3 deep sighs

Breathe how you normally breathe

Say your answers aloud

Be open to what surfaces



Pause

BRINGING THE TOOLS INTO YOUR WORK

Daily Breathwork Practice

Personal reset between sessions

Preventative: reduce burnout

Offer as an additional resource
to clients or staff

Builds nervous system flexibility
and choice

BEST Check-in

2-3 minutes at session start

Helps staff or clients notice what's
present *before* diving into the work

Expands our somatic literacy and
empowers healthy connection

Builds bodily safety and
models self-attunement

The background of the slide is a soft, watercolor-style illustration of a forest. On the left, a large tree with a thick brown trunk and a full green canopy is partially visible. To its right, another tree with a similar structure is shown. In the foreground, there are green bushes and small yellow flowers. The overall color palette is light and airy, with soft pinks and greens. The title text is centered in the upper half of the slide.

FROM ROOTS TO FOREST: COLLECTIVE CARE

- ✦ Regulated presence can invite safety, connection, & co-regulation
- ✦ Attunement ripples outward
- ✦ Together, we build resilience



REFLECTIONS OR QUESTIONS?

THANK YOU!

BEST practice guide

Guided daily breathwork practice

Breathwork & integration
tomorrow (10:30 am – 12:00 pm)

