

## **Somatic Skills for Resilience and Trauma-Informed Law**

### **Breathwork**

Why. Fast, Simple. Discrete, Powerful.

When. To regain balance at times of stress. To clear from negative or toxic interactions. To restore the body's stable and sustainable flow of energy. To make space for the best ethical decision-making, communication, and choosing actions and intentions that match with your core values.

How.

- 1) 3 part breath. Breathe in 4, hold 6, breathe out 7.
- 2) Add adrenals (breathe into the back body).
- 3) Box breath. In 4, hold 4, out 4, hold at the bottom 4. Increase the count if you want.
- 4) Expand and contract with the breath. Use hands/fingers, feet/toes, head/neck spine. Be as discreet or as obvious as you need or want. Qigong expansion.

**Zentangle.** Why and when. See above, and add to this the body-based process of physical creation, which has tangible benefits for your brain and regulates emotion and stress in a super-charged way. Also, it can be playful, fun, interesting to see what is in you that wants expression.

How.

- 1) Tell your inner critic, "I'm aware of you, but not right now, thank you."
- 2) Draw four dots on a piece of paper to be the corners of a square. Connect the dots with straight lines. Basically, draw a box.
- 3) Divide your box into three or four sections using a line. Can be curvy, straight, whatever.
- 4) In each section, pick a simple small shape or design that you can repeat to fill the space.
- 5) Fill each space with something, don't overthink it. Just use your hand and your eye and breath. Don't force it. Simple is best. Shading with pencil, optional.
- 6) Sign the completed piece when you feel done. Put it somewhere you can see it, if it pleases you. See step 1.



Can you **think of at least two ways to integrate these tools** into your work with clients, or into your own practice?

Example: 1) Judge Michael J. Aloia, Federal Magistrate Judge in West Virginia, practices 3 part breathing before each session on the bench and does this together with his clients in Drug Treatment Court.

2) Prior to weekly schedule management on Sundays, executive director and attorney Rose, (Justice At Last, San Francisco Human Trafficking Legal Services), does ten minutes of Zentangle to get clear and grounded to discern the best priorities, intentions and goals from her long list of to do's.

3) During client interviews, set your space up with colored paper, crayons, markers, colored pencils, rubber duckies, softer lighting or a lit candle, feathers, interesting rocks, leaves, yarn. Tactile, natural, things to ground people while they are being asked to tell about things that are hard. Use them yourself to be together with your client in the work in a more human way.

My ideas

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_