

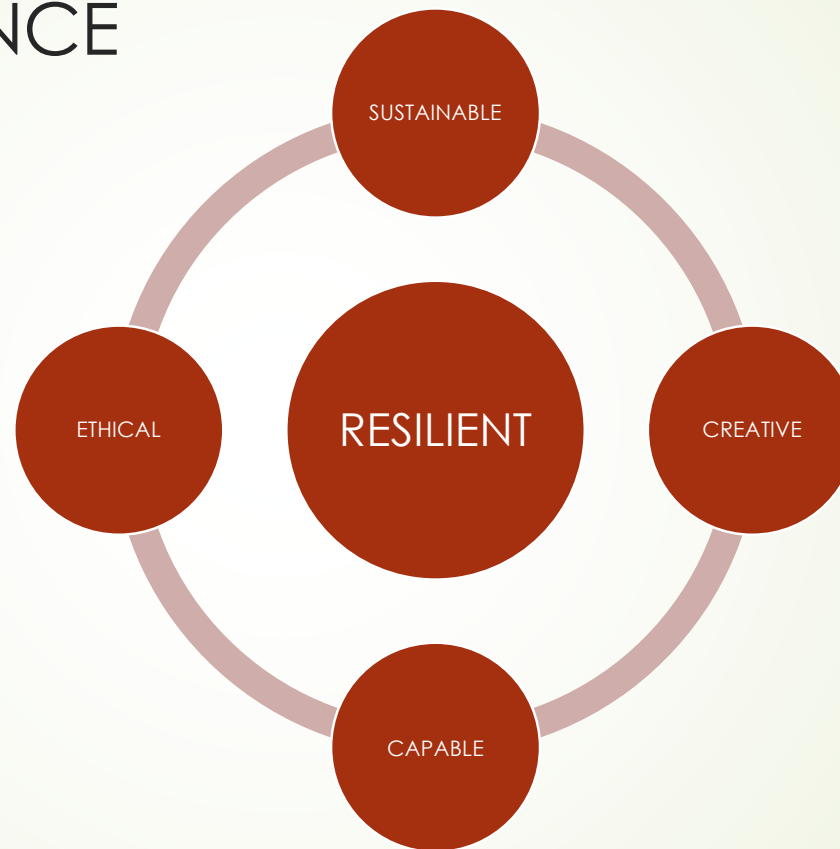


Somatic Skills for Resilience and Trauma Informed Law

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RESILIENCE





Roadmap



- Resilience checklist
- Breathwork
- Zentangle
- The Brain as a muscle
- Takeaways
- Feedback Haiku

“



I like...
I wish...
I wonder...

”



Breathwork: fast, simple, discrete, powerful

- 3 part breath. Breathe in 4, hold 6, breathe out 7.
- Add adrenals (breathe into the back body).
- Box breath. In 4, hold 4, out 4, hold at the bottom 4. Increase the count if you want.
- Expand and contract the body with the breath.





Why. Fast, Simple, Discrete, Powerful.

- 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.

Zentangle + Intention Setting

➤ Intention Setting





First, ask

- What matters to you most?
- What would you like to create or nurture in your life?
- What would you like to let go of?
- What might you like to forgive?
- What would you like to feel?
- What are you grateful for?



You have now “set an intention”

Examples--

- I am present in this moment
- I am confident
- I am balanced
- I embrace change
- I can be vulnerable

It's just a box.

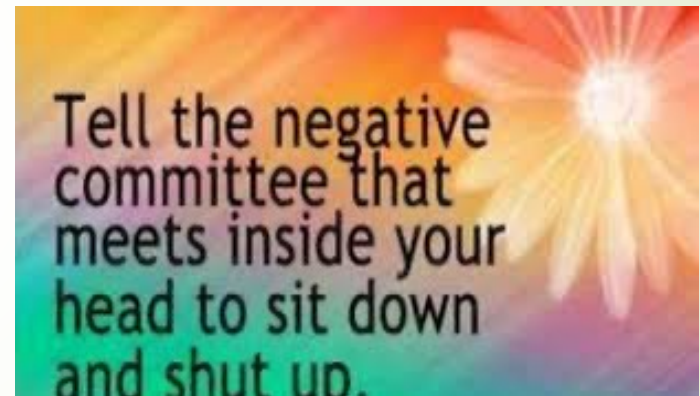
- Watch, then DO
- <https://youtu.be/61ZJbKOzEDU?si=C2zVZ-Tqq2ha0uFG>





Let you hand and body decide. Don't overthink it.

- 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.
- Divide your box into three or four sections using a line. Can be curvy, straight, whatever.
- In each section, pick a simple small shape or design that you can repeat to fill the space.
- Fill each space. Just use your hand and your eye and breath. Don't force it. Simple is best. Shading with pencil, optional.
- Sign the completed piece when you feel done.







Somatic creation to regulate CNS, process trauma, rewire the brain

- **Trauma is non-verbal:** Trauma often involves fragmented and jarring memories that are difficult to express with words.
- Art as a parallel process: Creating art allows individuals to communicate these experiences through images, symbols, and metaphors, which can **bypass the verbal centers** of the brain.
- Externalizing trauma: The art piece becomes a "symbolic container" for traumatic memories, allowing individuals to **express and externalize** their pain in a physical form that can be observed and processed.



Cognitive and Emotional Regulation

- Engages the body: The physical act of manipulating art materials, such as clay or paint, can engage the body and promote a sense of relaxation, helping to reduce stress and open up for further processing.
- Provides emotional distance: Creating art offers a controlled distance from the traumatic experience, allowing the individual to depict and then view the experience from a safe physical distance.
- Fosters self-awareness: Art making encourages introspection and a deeper connection to one's emotions, thoughts, and reactions related to the trauma, fostering self-understanding.



Integration and Narrative Building

- Bilateral brain integration: The process of creating art is believed to involve bilateral stimulation, engaging both the left and right hemispheres of the brain to help sequence and integrate traumatic narratives.
- Bringing order to chaos: Art can help individuals bring structure and meaning to fragmented traumatic memories by giving them form and creating a visual narrative.





You learned

- Three breathing techniques
 - One simple art therapy exercise
 - How to set an intention
 - The basics of central nervous system regulation
 - Attributes of Resilience
-
- Think of **two ways** you can integrate any of this into your days.
Practicing any of these techniques on a regular tiny basis will change your life and benefits anyone you interact with.

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I wish...
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Thank you!
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