



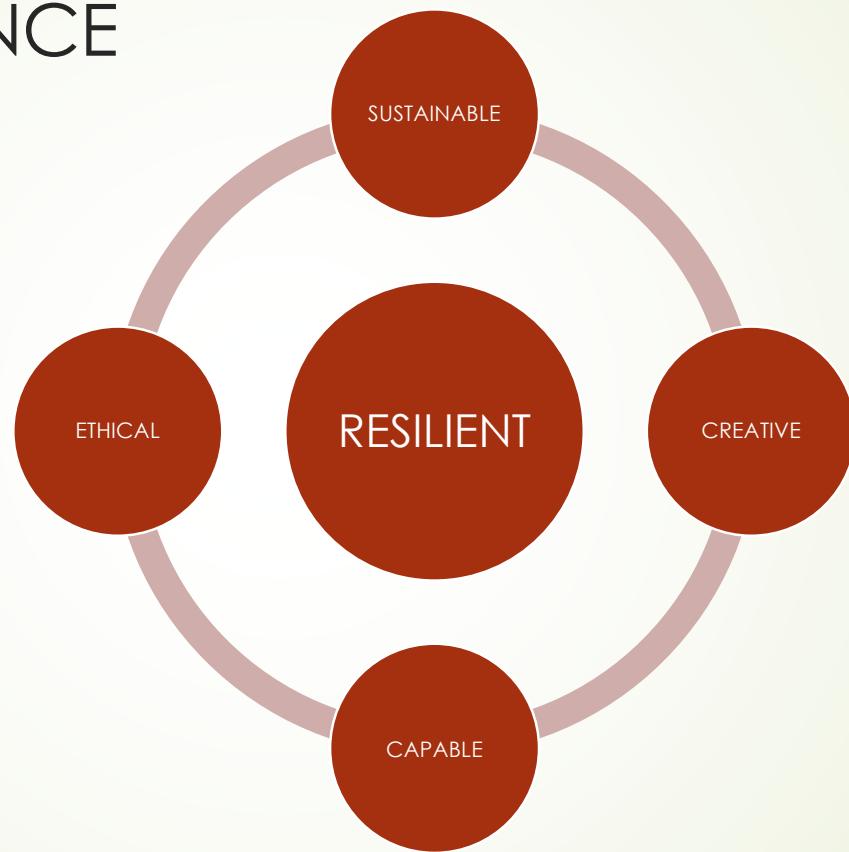
Somatic Skills for Resilience and Trauma Informed Law

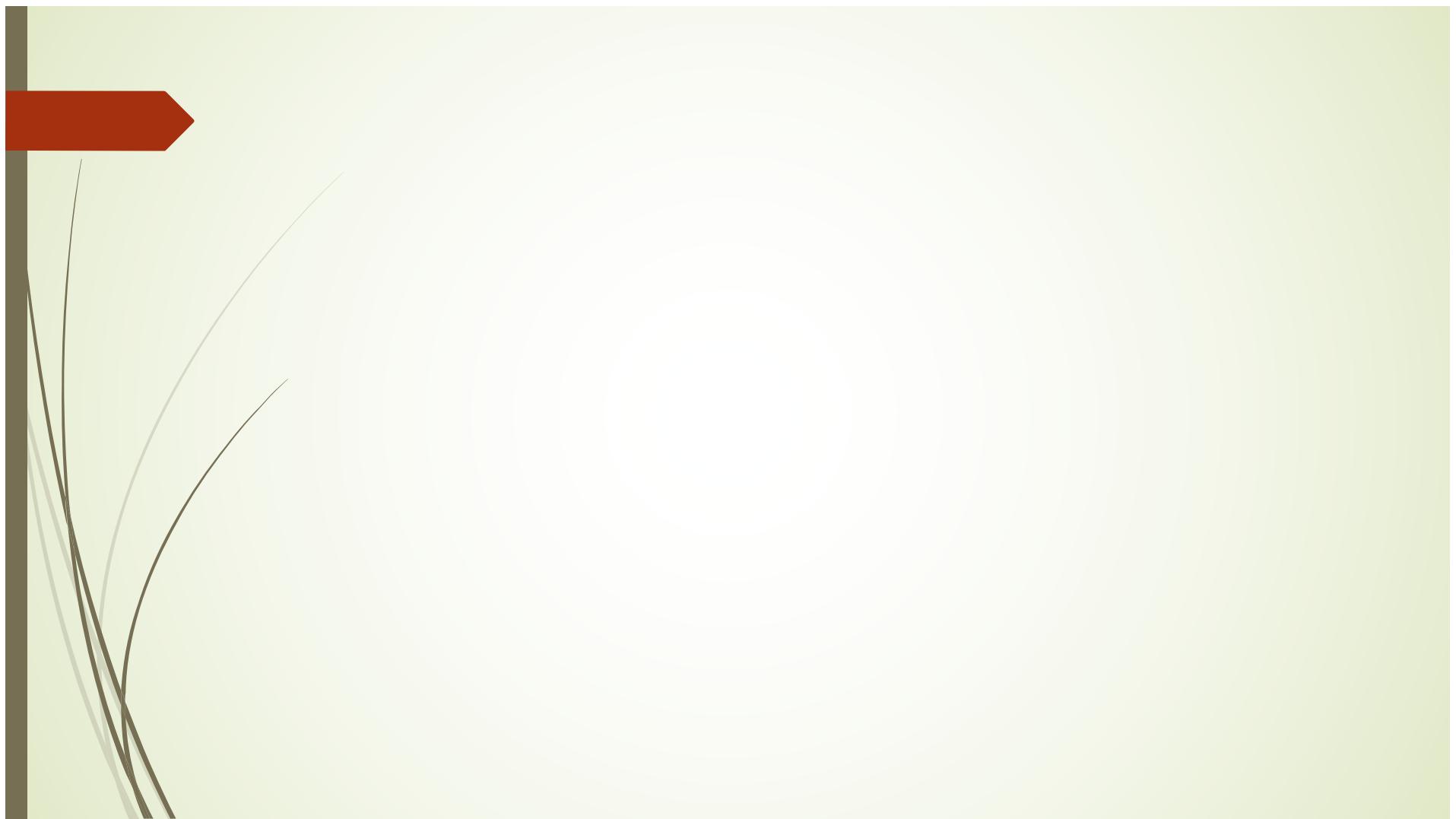
RACHEL K. MONACO, JD

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RESILIENCE

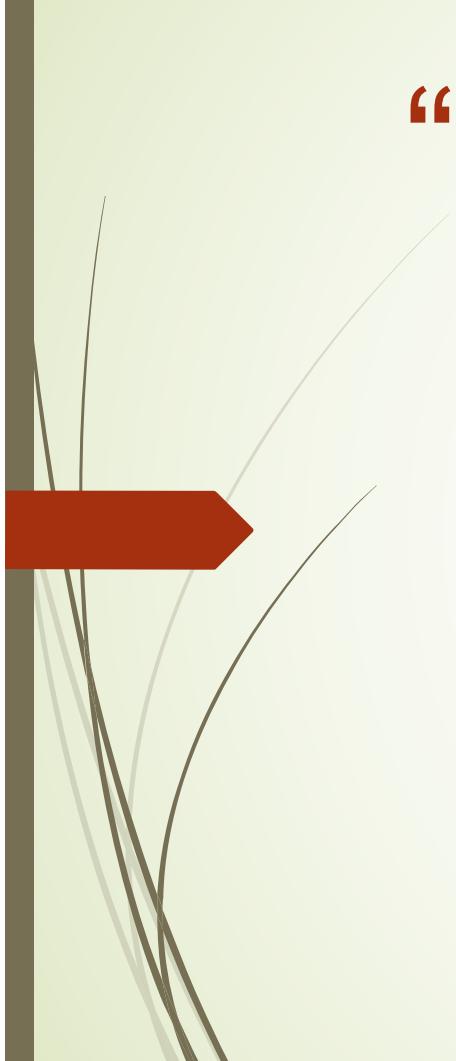




Roadmap



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



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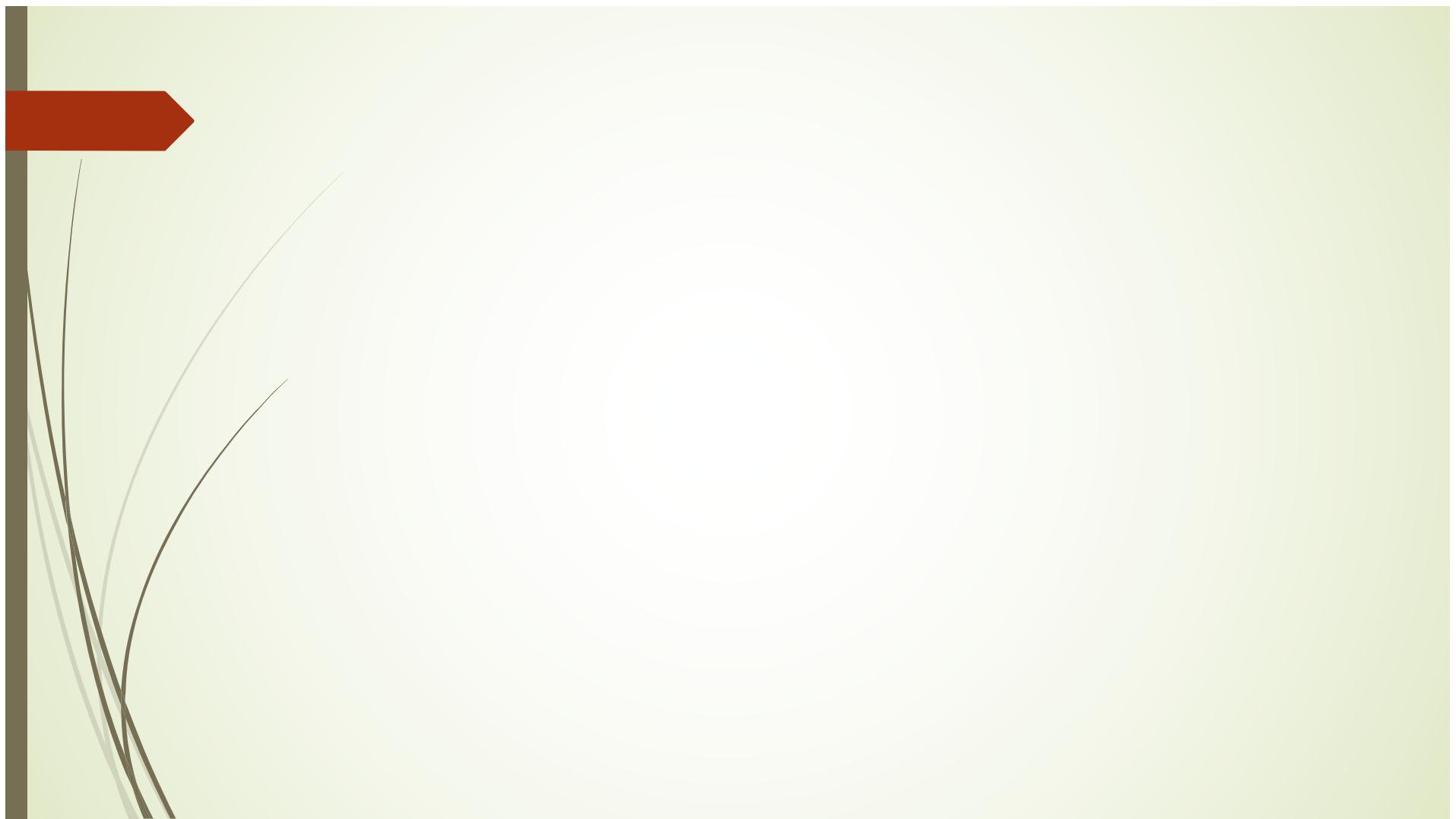
I like...
I wish...
I wonder...

”



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.

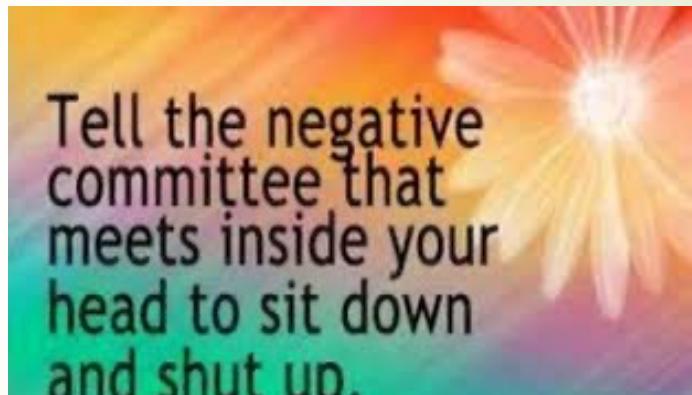
- ▶ Watch, then DO
- ▶ <https://youtu.be/61ZJbKOzEDU?si=C2zVZ-Tqq2ha0uFG>



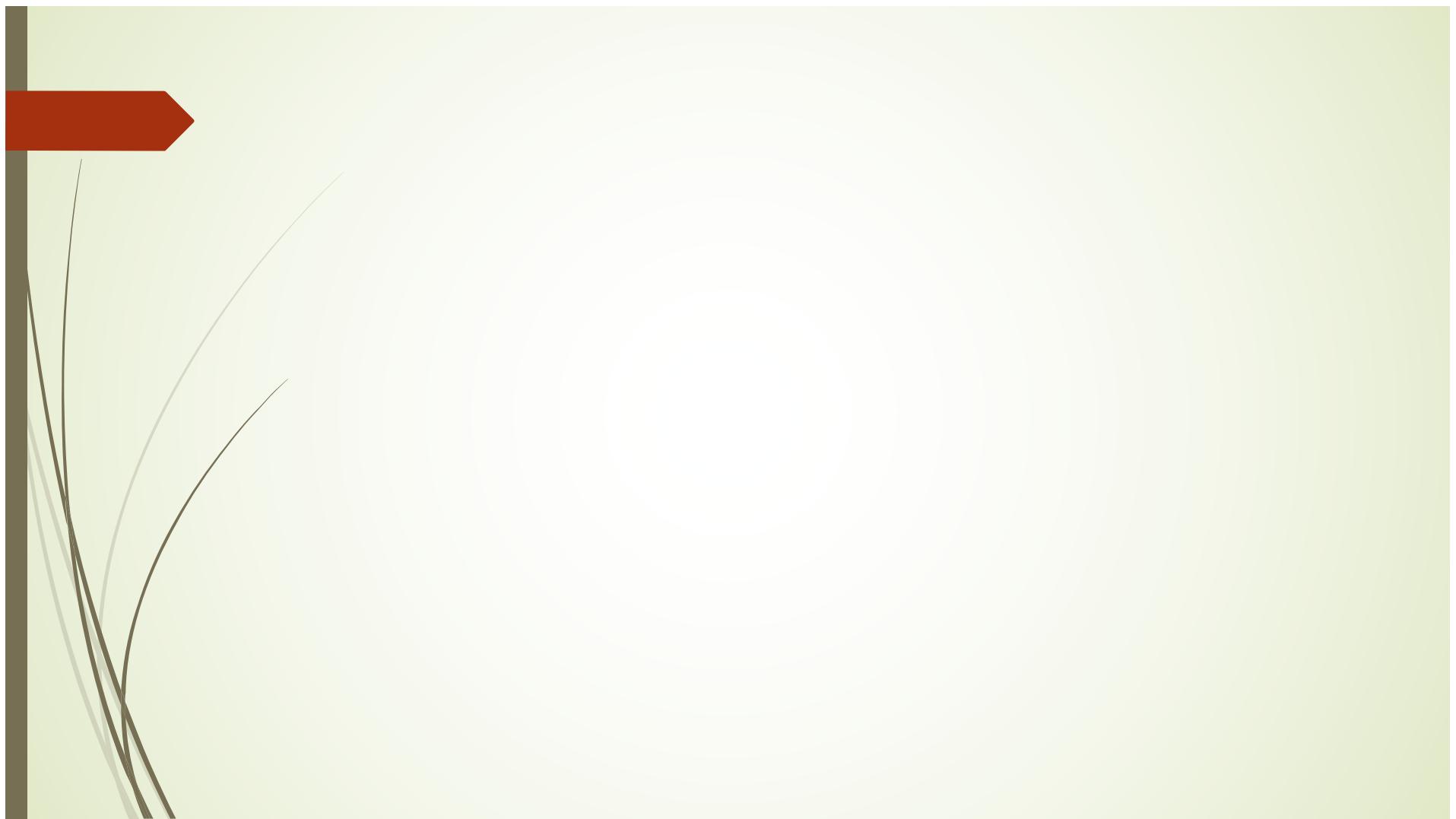


Let your hand and body decide. Don't overthink it.

- ▶ 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.



Tell the negative committee that meets inside your head to sit down and shut up.





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.



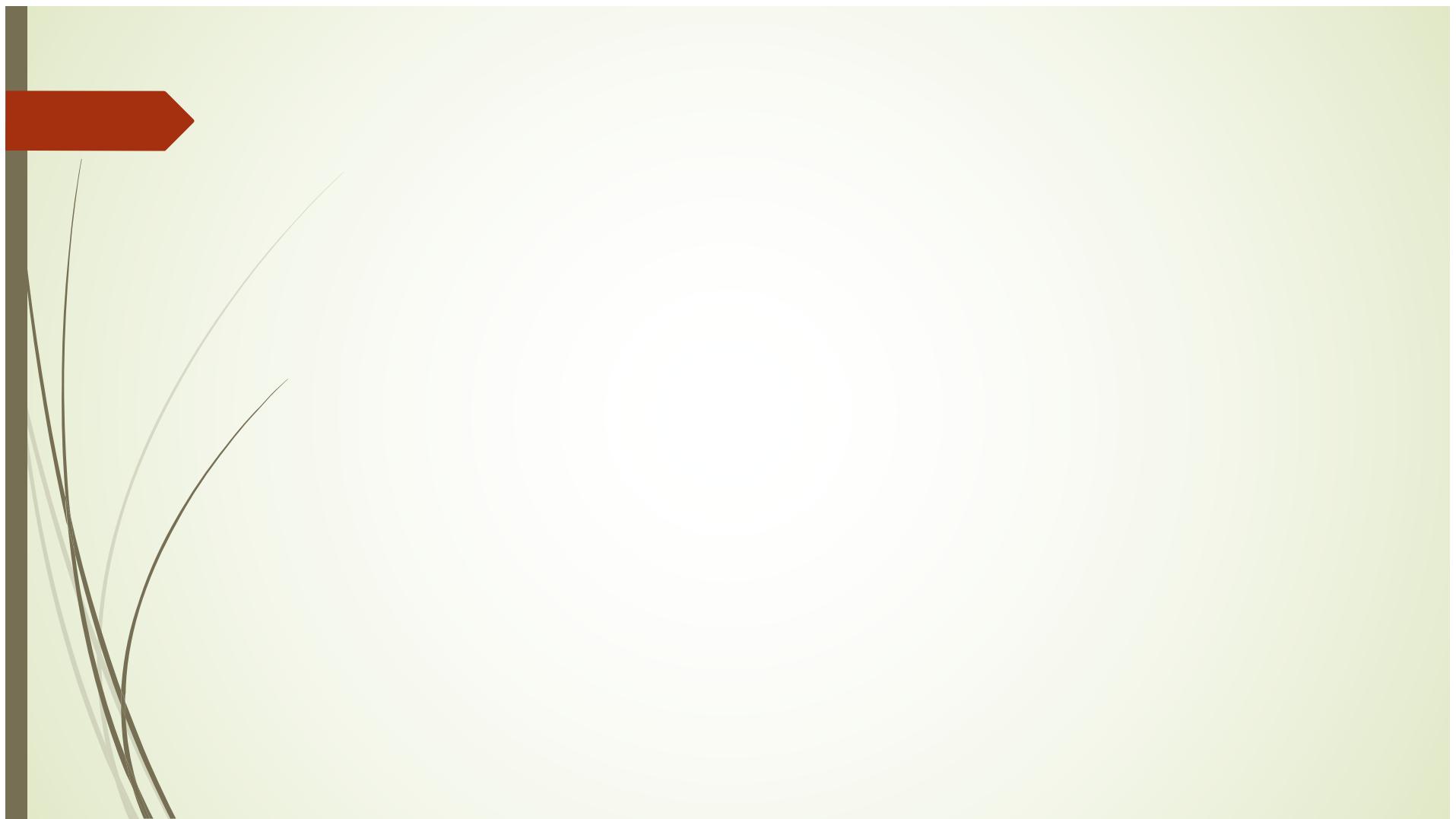
Cognitive and Emotional Regulation

- ▶ 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

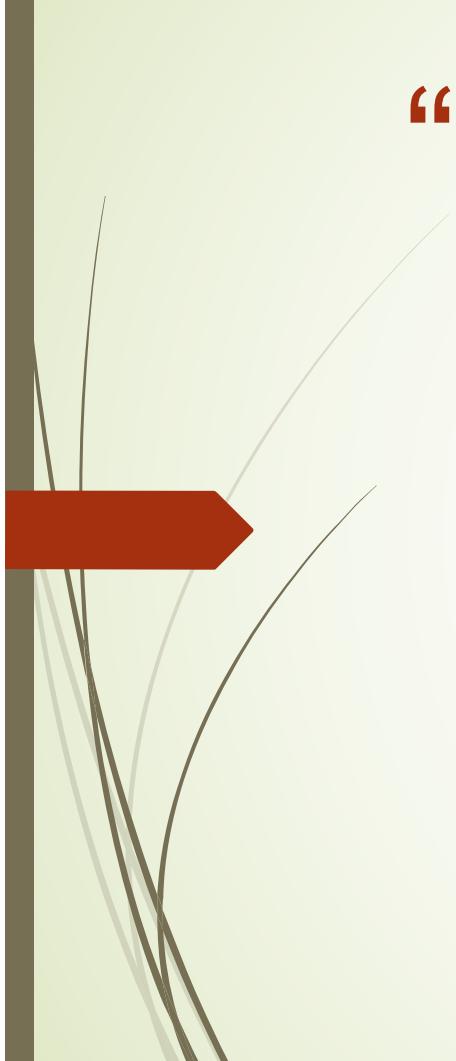
- ▶ Bilateral brain integration: The process of creating art is believed to involve bilateral stimulation, engaging both the left and right hemispheres of the brain to help sequence and integrate traumatic narratives.
- ▶ Bringing order to chaos: Art can help individuals bring structure and meaning to 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...
I wonder...

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Thank you!
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