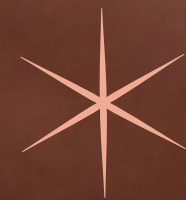
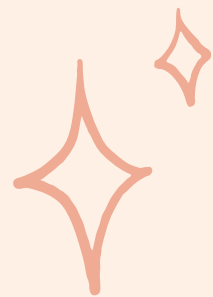


[www.staceymadden.com](http://www.staceymadden.com)

EMBODIED

*Mindful Somatic Wellness*

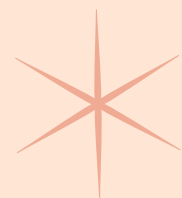
RESILIENCE







# WELCOME



**YOUR MIND IS  
WELCOME**

---

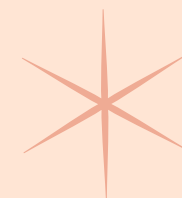
Your mind, your thoughts, and your memories are welcome in this practice.



**YOUR BODY IS  
WELCOME**

---

Your Body in all of its beauty and bumps, form and function are welcome in this practice.



**YOUR EMOTIONS ARE  
WELCOME**

---

Your feelings, moods and inner experiences are welcome in this practice.





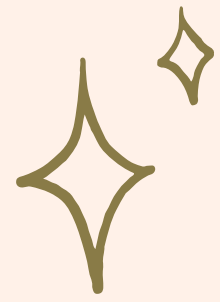
# Mindful Somatic Wellness ✨

## *Embodied Emotional Support* ✨ ✨

An interdisciplinary, bottom-up approach integrating the sensations of the body with the experiences of the senses, thoughts and perceptions of self, others and environment.

Mindful Somatic Wellness recognizes the innate healing every person is capable of through movement, mindfulness, breath, and awareness.

AWARENESS - ACCEPTANCE - INTEGRATION



“NEUROSCIENCE RESEARCH SHOWS THAT  
THE ONLY WAY WE CAN CHANGE THE WAY  
WE FEEL IS BY BECOMING AWARE OF OUR  
INNER EXPERIENCE AND LEARNING TO  
BEFRIEND WHAT IS GOING INSIDE  
OURSELVES.”



- 
- Bessel A. van der Kolk, The Body Keeps the Score:  
Brain, Mind, and Body in the Healing of Trauma



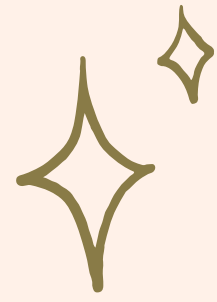


# THE FELT SENSE

“A felt sense is not a mental experience but a physical one. Physical. A bodily awareness of a situation or person or event. An internal aura that encompasses everything you feel and know about a given subject at a given time—encompasses it and communicates it to you all at once, rather than detail by detail.”

- Eugene T. Genedlin PhD -  
Focusing-Oriented Psychotherapy





# INNER PROCESSING



Are you a close processor or a distant processor?

## A CLOSE PROCESSOR

---

- can easily feel sensations inside their body
- identify emotions, memories or images associated with sensation
- become easily overwhelmed with feelings

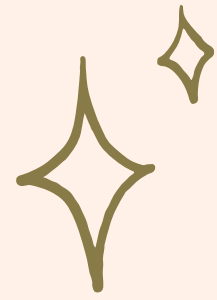


## A DISTANT PROCESSOR

---

- is more comfortable thinking than feeling
- needs more time to notice inner experiences
- might feel unsure about the nature of emotional responses





# INNER PROCESSING



are you a close processor or a distant processor?

## A CLOSE PROCESSOR MIGHT NEED

---

- orienting to external spaces
- strengthened exteroception
- reinforced somatic boundaries
- practice in slowing down  
interception

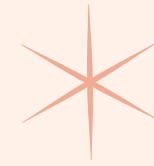
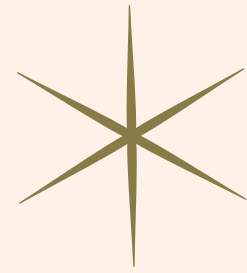


## A DISTANT PROCESSOR MIGHT NEED

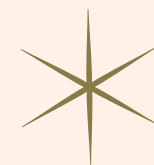
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- inner orienting/interoception
- a regular mindbody practice
- exploration of how our body  
experiences emotions

# WHAT IS RESILIENCE?

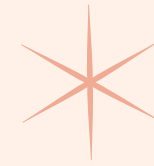
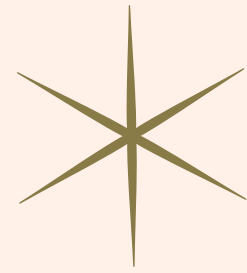


- Response Flexibility
- Being able to feel settled after an event
- Being able to anticipate and prepare for difficulty
- Perseverance

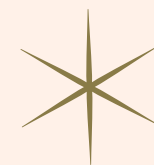




# SOMATIC RESILIENCE



- Growing Capacity for Living with Change
- Awakening Self Healing through Connection
- In Service to Community and the Greater Earth Body

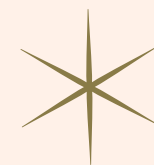




# EMBODIED RESILIENCE IS

*Connection*

- with Self, BodyMind & Emotions
- with Family & Community
- with the Larger World







# RESILIENCE IS RELATIONAL





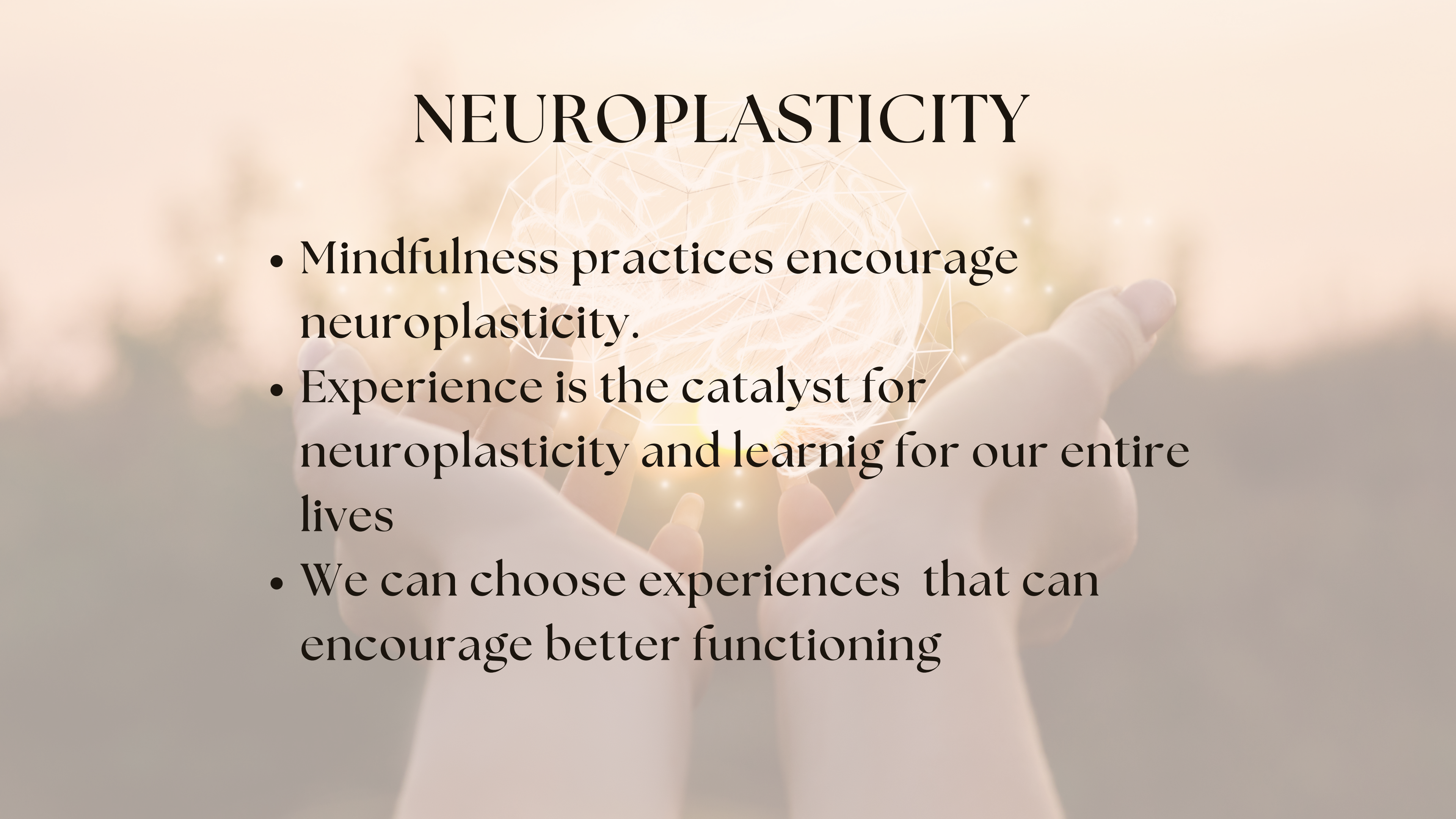
# NEUROPLASTICITY

The Brain's ability to  
modify, change, and adapt both  
structure and function  
throughout life and  
in response to experience.

A mature adult brain is  
physically stable, and its  
functioning  
is fluid and malleable,  
not inert or fixed.



# NEUROPLASTICITY

A glowing brain with a neural network overlay, held by two hands against a warm, bokeh background.

- Mindfulness practices encourage neuroplasticity.
- Experience is the catalyst for neuroplasticity and learning for our entire lives
- We can choose experiences that can encourage better functioning



# NEUROPLASTICITY

"The brain is shaped by experience. And based upon everything we know about the brain in neuroscience, change is not only possible, but is actually the rule rather than the exception. It's just a question of which influences we're going to choose for the brain. And because we have a choice about what experiences we want to use to shape our brain, we have a responsibility to choose the experiences that will shape the brain toward the wise and the wholesome."

- Richard J. Davidson University of Wisconsin



# NEUROPLASTICITY

“Inviting our thoughts and feelings into awareness allows us to learn from them rather than be driven by them.”

— Daniel J. Siegel, *Mindsight: The New Science of Personal Transformation*

“Mindfulness is a form of mental activity that trains the mind to become aware of awareness itself and to pay attention to one’s own intention.”

— Daniel J. Siegel, *Mindsight: The New Science of Personal Transformation*





WHAT INTERRUPTS OUR  
ABILITY TO ENAGE WITH  
MINDFULNESS, AND  
INCREASE  
NEUROPLASTICITY AND  
FOSTER RESILIENCE?





# NERVOUS SYSTEM STATES

SAFE & SOCIAL

FLIGHT

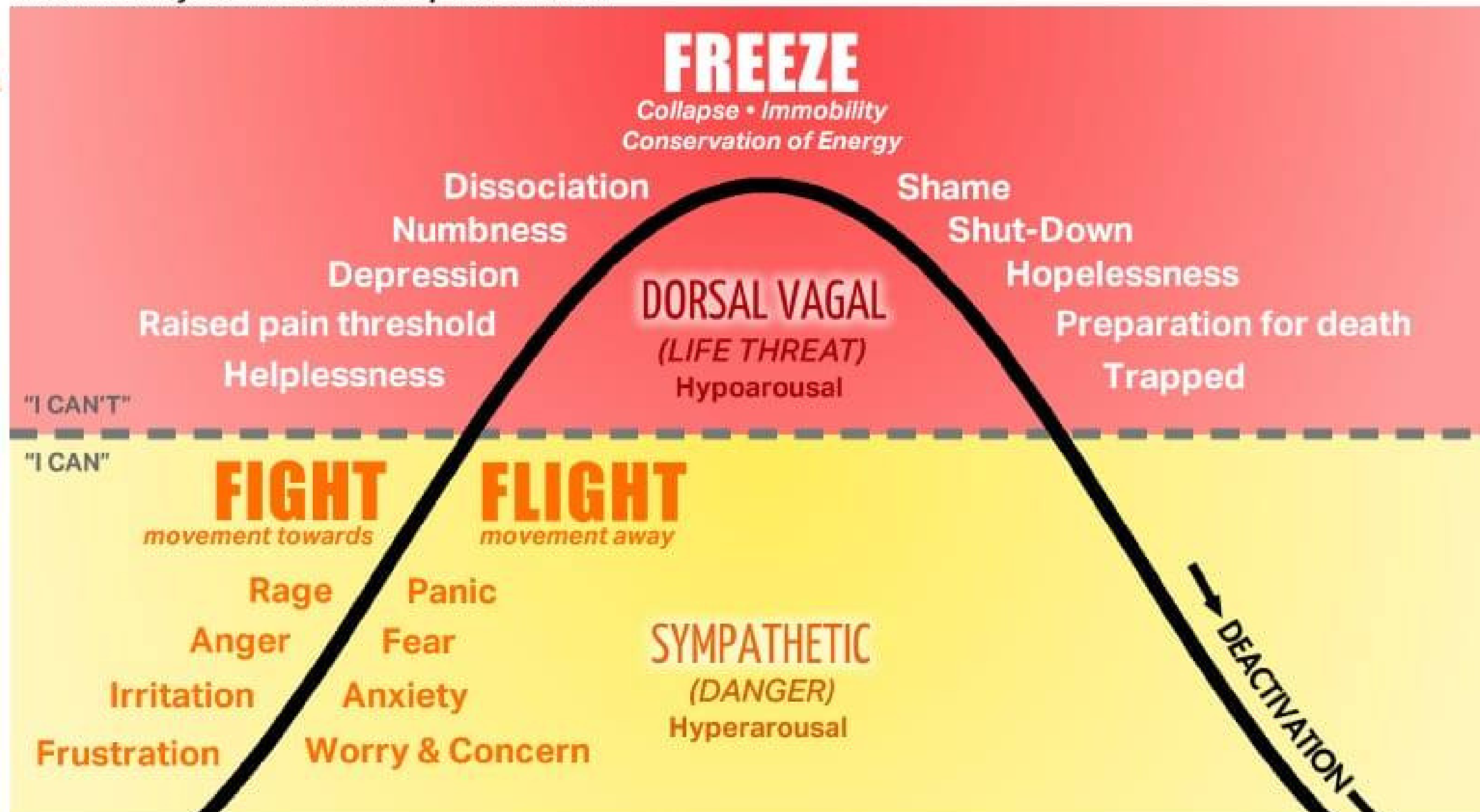
FIGHT

FREEZE/SHUTDOWN



# POLYVAGAL CHART

The nervous system with a neuroception of threat:



## PARASYMPATHETIC NERVOUS SYSTEM

DORSAL VAGAL COMPLEX

### Increases

Fuel storage & insulin activity • Immobilization behavior (with fear)  
Endorphins that help numb and raise the pain threshold  
Conservation of metabolic resources

### Decreases

Heart Rate • Blood Pressure • Temperature • Muscle Tone  
Facial Expressions & Eye Contact • Depth of Breath • Social Behavior  
Attunement to Human Voice • Sexual Responses • Immune Response

## SYMPATHETIC NERVOUS SYSTEM

### Increases

Blood Pressure • Heart Rate • Fuel Availability • Adrenaline  
Oxygen Circulation to Vital Organs • Blood Clotting • Pupil Size  
Dilation of Bronchi • Defensive Responses

### Decreases

Fuel Storage • Insulin Activity • Digestion • Salivation  
Relational Ability • Immune Response

The nervous system with a neuroception of safety:



## PARASYMPATHETIC NERVOUS SYSTEM

VENTRAL VAGAL COMPLEX

### Increases

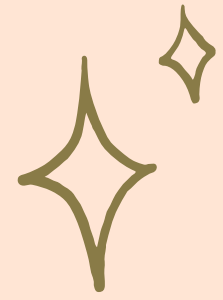
Digestion • Intestinal Motility • Resistance to Infection  
Immune Response • Rest and Recuperation • Health & Vitality  
Circulation to non-vital organs (skin, extremities)  
Oxytocin (neuromodulator involved in social bonds that allows immobility without fear) • Ability to Relate and Connect  
Movement in eyes and head turning • Prosody in voice • Breath

### Decreases

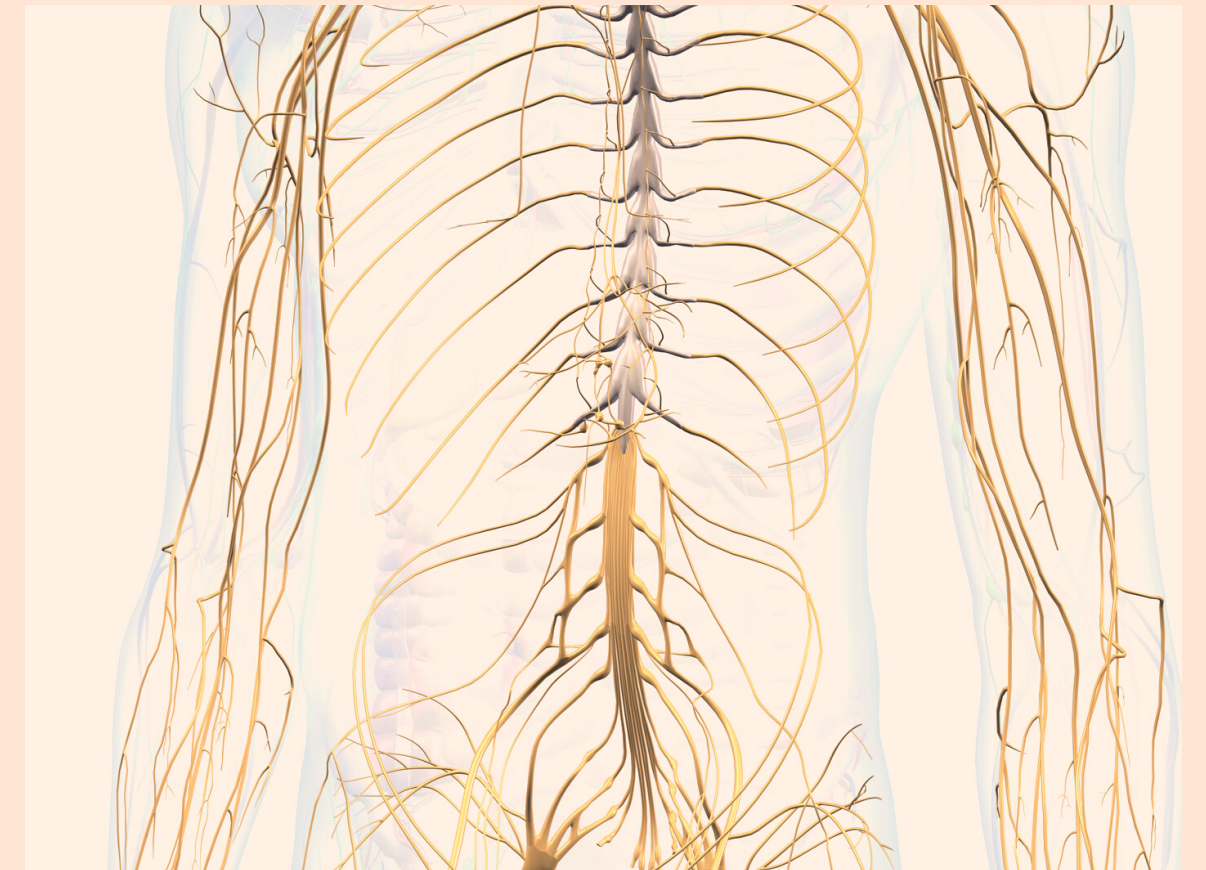
Defensive Responses



# VAGUS NERVE PATHWAYS

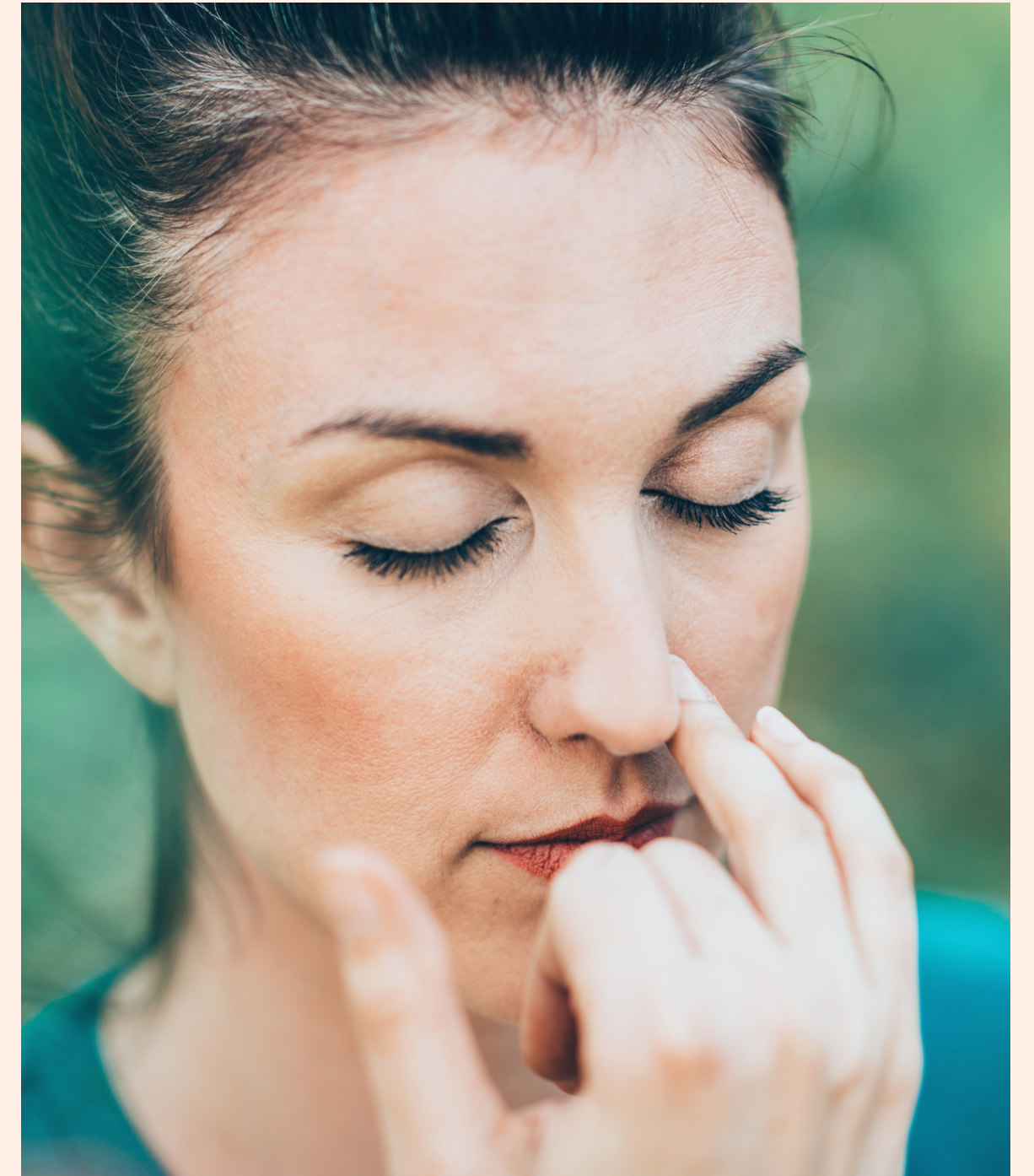
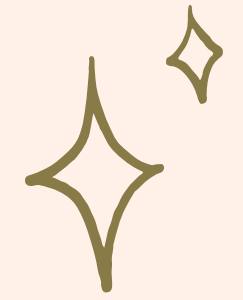


The vagal pathway send the signals “down” from brain to the rest of the body through efferent fibers, which account for 10–20% of all fibers and the vagal afferents “up” from the body (mostly the intestinal wall) to the brain accounting for 80–90% of all fibers





# HOW DO WE ENGAGE THE VAGAL PATHWAY?







*Mindful Somatic  
Wellness*

# THE PRACTICES



# THE PRACTICES

- Butterfly Eyes
- Finding Centre
- Rooting Down
- Connecting with Gifts



*Mindful Somatic Wellness*



# SOMATIC RESOURCING



Resourcing is the practice of inviting our mind and body to attune to sensations of safety or goodness, however small they may be. The process of attending to a felt sense of “okayness,” begins the process of teaching our nervous system that it can experience stress, and then come back to a state of calm.

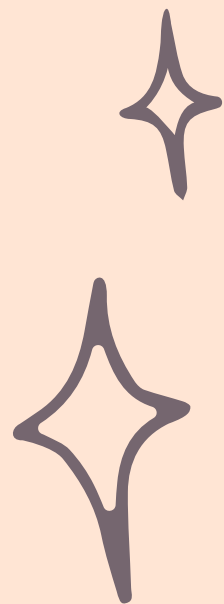
*Mindful Somatic Wellness*



# INTERRUPTING HABITUAL SOMATIC PATTERNS

1. Think of something that worries you (please don't choose your biggest stressor) Notice the somatic patterns that accompany that worry. Notice the thoughts, story that accompany that worry.
2. Use movement, breath, sound and visualization – whatever helps break up the somatic patterns and move toward settling, and ease.
3. Notice the somatic patterns that accompany these changes. Notice any difference in thoughts, sense of presence, etc.

Practice again, 2-3 times.



*Mindful Somatic Wellness*



# CIRCLE OF SUPPORT

1. “Clear a Space” internal and external
  2. Allow Yourself to Slow down
  3. Allow Yourself to Imagine...
- Three people, real or imaginary, living or dead, who have been important supportive figures for you in your life
  - A nurturing figure (love), a protective figure (safety), a wise figure (wisdom)

*Mindful Somatic Wellness*



# CIRCLE OF SUPPORT

1. Imagine the positive qualities that they had and the kind of support (love, protection, wisdom) that they provided for you
2. Visualize These People in a semi-circle, behind you, literally backing you up
3. Imagine the positive qualities that they had flowing into you, and the way in which they are holding and containing.
4. As You Visualize this circle and imagine the flow...
5. What happens in your body?
6. Can you physically sense their presence?
7. What is that like?
8. It is helpful to have a visual and somatic marker to help you connect with and remember your circle of support

*Mindful Somatic Wellness*



# CONNECTING TO EMBODIED RESILIENCE

1. Notice where you might be feeling neutral or good in your body.
2. Bring to mind or imagine a time when you felt resilient, strong, balanced, and most like yourself.  
If you've never felt this way imagine a scenario where you would feel this way. Notice where you feel this in your body. Place a hand there and/or breath to that area.
3. Remember or imagine a time when you did not have access to resilience, or felt weak, or out of balance. Where do you feel this in the body? Place a hand on that area and breath to this spot.
4. Return to the resilient part of yourself, reconnect and stay there, remembering this place and feeling.

*Mindful Somatic Wellness*



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# Mindful Somatic Wellness

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EMBODIED EMOTIONAL SUPPORT