

Somatic Awareness for Anxiety

A Gentle Guide to Body Presence

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Why Somatic Awareness Helps with Anxiety

Anxiety often lives in our thoughts, racing ahead to what could go wrong or replaying what already happened. This simple practice helps bring you back into the present moment by reconnecting with your body. You do not have to analyze or change anything. Your only job is to notice what is there with gentle curiosity. When we pay attention without judgment, the body begins to soften and regulate on its own.

"Awareness is the first step toward release."

The Somatic Awareness Practice

- **Settle In:** Find a comfortable position. Take a slow, steady breath in, and exhale gently. Let your body rest.
- **Notice Contact Points:** Sense your feet on the floor, your back against the chair, your hands resting in your lap.
- **Scan with Curiosity:** Move your attention from head to toe, noticing sensations like warmth, tension, pulsing, heaviness, or stillness.
- **Pause Where You Feel Tension:** When you notice discomfort, resist the urge to fix it. Simply be with it.
- **Stay With It:** Breathe into that space. Notice if it shifts or stays the same. Both are okay.
- **Complete the Practice:** Bring awareness back to your surroundings and notice how your body feels now.

Reflection Prompt

Take a few minutes to jot down what you noticed during your body scan: - What sensations stood out to you? - Did any areas feel calm, open, or grounded? - Was there a moment that felt new, surprising, or soothing? - What might your body be communicating through these sensations?

"My body is a wise messenger. I can listen without judgment."

Practice Tips and Integration

- Try this practice once a day, even for 5 minutes.

- Do not aim to relax. Simply notice what your body shares with you.
- If emotions arise, that is okay. Awareness creates space for healing.
- Over time, you will notice tension sooner and feel calmer faster.
- Pair this with stretching, grounding visuals, or breathing exercises.

7-Day Awareness Tracker

Day	Practiced?	Notes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

About the Author

Emily Pierce, M.S., LPCA, LCMHCA, specializes in helping individuals manage anxiety and OCD through compassionate, evidence-based care. Her approach integrates somatic awareness, mindfulness, and acceptance-based strategies to help clients reconnect with their bodies and cultivate inner calm.

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