**What is your body telling you?**

**Resource Page**

**Ariane Porras** [belovedhumanitypractice@gmail.com](mailto:belovedhumanitypractice@gmail.com)

**Improve your Vagal Tone**

* Ear stretch (the cymba, in and around, tapping, lobes)
* Soften the Jaw-Pelvis
* Cold water face wash or bath
* Chant a mantra or sing
* Gargle or use a tongue cleaner
* Deep breathing
* Listen to music
* Meditate
* Press/pull back of skull
* Laugh
* Get a massage
* Do Yoga
* Probiotics
* Give hugs
* Stretch
* Feel your emotions

**Ways to get “into your body”**

Dance

Yoga

No Lights

No Lycra, spandex, form fitting clothes

Flotation tanks

Massage

Tai chi

Qi gong

**Videos**

How stress affects your brain: <https://youtu.be/WuyPuH9ojCE>

The 3 parts of the brain: <https://youtu.be/5CpRY9-MIHA>

The hand model of the brain, Dan Siegel: <https://youtu.be/f-m2YcdMdFw>

Your brain is wired for negative thoughts: <https://youtu.be/3ThUrVXz9j0>

ACES : <https://youtu.be/95ovIJ3dsNk>

ACEs Overview: <https://youtu.be/W-8jTTIsJ7Q>

Learning brain vs. Survival brain

<https://youtu.be/KoqaUANGvpA>

The Polyvagal Theory

<https://youtu.be/ec3AUMDjtKQ>

<https://youtu.be/7CSHKAgAEL0>

Emotions in the body: <https://youtu.be/cZP_I6NkQb4>

How to release trapped emotions in the body: <https://youtu.be/GZw8fRPK-8k>

Polyvagal Theory: [<https://youtu.be/zYvZUorQbrg?si=cfau83fziGmlRBhm>](https://youtu.be/zYvZUorQbrg?si=cfau83fziGmlRBhm)

How Stress can make you sick: <https://youtu.be/v-t1Z5-oPtU>

Why do we get sick when stressed?: <https://youtu.be/bL5TDaKfaUk>

**Books**

The Body Never Lies by Alice Miller

Waking the Tiger: Healing Trauma by Peter Levine

The Body Keeps the Score by Bessel van der Kolk

My Grandmother’s Hands by Resmaa Menaken

When the body says no by Gabor Mate

Thinking Fast & Slow : Daniel Kahneman  
Mindsight: The New Science of Personal Transformation by Dan Siegel

The Whole Brain Child by Dan Siegel

**Podcasts**

Hidden Brain: NPR

Holistic Life Navigation

* Ep.8 Healing your body with beans |Karen Hurd
* Ep. 19 Caffeine & Adrenaline: How they affect the body | Karen Hurd
* Ep.20 Eating for Calm | Unique Hammond

Finding our way – Prentis Hemphill

Conversation with Alanis Morissette

Transforming Trauma by NARM Institute