



Body Shake-Out

Recharge and re-energize yourself by **releasing residual tension** from your body-mind system doing the Body Shake-Out.

After a shock, stress, or upset it is essential to release any excess energy your sympathetic nervous system (SNS) or fight-flight response kicked in for handling the situation.

Animals do this naturally. After an animal goes on the alert to danger, it automatically releases any excess SNS energy - not already discharged by fighting or running away - by rolling, running, shaking, or trembling.

Similarly, the Body Shake-Out is one way for you to **quickly release stress** (adrenaline and cortisol) from your body after a perceived or real threat.

- Just received an upsetting phone call? Do the shake-out.
- Almost got in an accident because someone cut you off? Do the shake-out.
- Had a loooong, stressful day? Do the shake-out.

HOW TO:

- Stand in a comfortable position. (You can also do this sitting if you need to.)
- Start by shaking out your wrists (at whatever intensity feels comfortable for you.)
- Add in your arms and shoulders.
- Now include your chest and hips.
- Begin to lightly bounce and move your knees.
- Shake out your ankles.
- Finally, include your whole body, shaking and wiggling - the way a child would!
- Complete the shake-out by bending forward from the hips, knees slightly bent, and shaking out your jaw, neck and head. Let your mouth hang open, and let go of any tension with an "Aaaa" sound.
- Safely and slowly straighten up, take a breath, relax, smile and sigh out loud.