






create a life of emotional stability, inner resilience, + freedom within



Guide Yourself Home to Peace

COMPASSIONATE SELF-CONNECTION GUIDE

Guide your mind + body home to peace by increasing self-awareness + compassionate self-connection. Items included in this guide:

-  **2 Somatic Self Check-In Sheets**
-  **30 Day Self-Care Challenge + Checklist**
-  **Somatic Distress Symptom Checklist**
-  **Somatic Self-Connection Journal Prompts**
-  **EFT Tapping Guide + Emotion Wheel + Sensation List**

Created with love by Jill Marie Howell



You are your guide to peace!

The power to heal + restore inner peace starts with YOU and the relationship you have with yourself! It's time to take your power back!

Often times chronic stress + traumatic experiences where we don't have the resources + support to move through an emotionally distressing event cause us to live in self-protection and survival mode.

The first pillar of healing the relationship you've developed with yourself + others is self-awareness. You have to posture yourself with an openness to see, hear, and be present with any emotional expression that shows up in order to make change in your life!

As you explore these practices see it as an opportunity for self-connection + curiosity. I invite you to leave self-judgement + criticism at the door.

Remember, you cannot bully, criticize, or judge your way to inner peace. You can only lead + guide with love, compassion, and gentleness!

With fierce love + compassion...

Jill xoxo

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Guiding Yourself Home to Peace

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How to Use the Somatic Self Check-In Sheets

There are 2 different check-in sheets to choose from as a guide + starting point for self-connection to increase awareness and attune to your core needs!!



The 1st check-in sheet integrates somatic connection, parts work, + EFT tapping. ([Get EFT tapping guide here.](#))



The 2nd check-in sheet integrates somatic connection, parts work, + brain retraining for seeing beyond the distress + moving forward.

How to use it: Print it out to write on OR just look at it as a guide as you connect to your body. There's no right or wrong way to do this. Trust your inner knowing of what you need and what feels aligned for you.

The goal is to connect, attune with awareness, and respond lovingly. Feel free to integrate other somatic practices throughout the self-connection experience. Be open minded to allow for this to be a starting point that invites you to respond in other ways! Feel free to integrate a hybrid of the two if you feel aligned. The goal is to connect with yourself authentically and show up for yourself with compassion and kindness as you meet your core unmet needs!

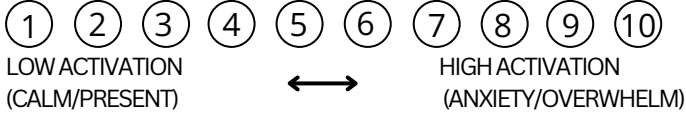
Note: There is an emotion wheel + sensation list following the self check-in sheets to help you name your emotions while doing the self check-in.



Somatic Self Check-In

Date: _____

Distress Scale



I will move my body + let this be expressed or integrated by...

Pause. Connect to your body. Close eyes. Hand on heart or soothe with touch. Breathe slow. Notice sensations + where tension is present in your body. Describe it. Get curious. Ask ?'s. What emotions are being stored there? How old is this part of you? What does this part want you to know or understand?

Sensations I feel right now...

I give myself permission to...

Emotions I feel right now...

I am proud of myself for...

Use EFT tapping + start by saying: "Even though I feel _____, I deeply + completely accept myself."

Tap through the EFT tapping points to connect with this part of you. Let it be expressed. What is present? What is being experienced? Ask questions. Seek to understand. Seek to see possibilities. End by reclaiming your power. Validate/affirm this part of you. "It makes sense..." Choose compassionate response to this part that showed up.

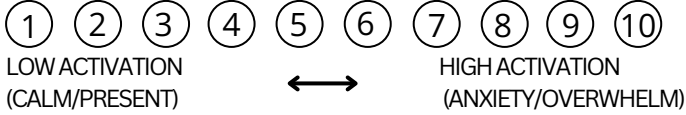
I support this part of me + respond compassionately by...

When my stress response is triggered, I will...

Somatic Self Check-In

Date: _____

Distress Scale



- Pause. Connect. Close eyes. Hand on heart or soothing touch. Breathe slow. Listen. Lean in. Notice sensations + where tension is present in your body. Describe it. Get curious about it. What emotions are being stored there? What is this part of you trying to communicate?

Sensations I feel in my body...

Emotions held in this place...

- With hand on heart or using tapping points say: Even though I feel _____, I deeply + completely accept myself.

This part of me is trying to protect me from...

This part of me needs to express this energy by...

I support this part of me + respond compassionately by...

I give myself permission to...

I am proud of myself for...

I am excited for...

I am grateful for...

Truth I am claiming today...

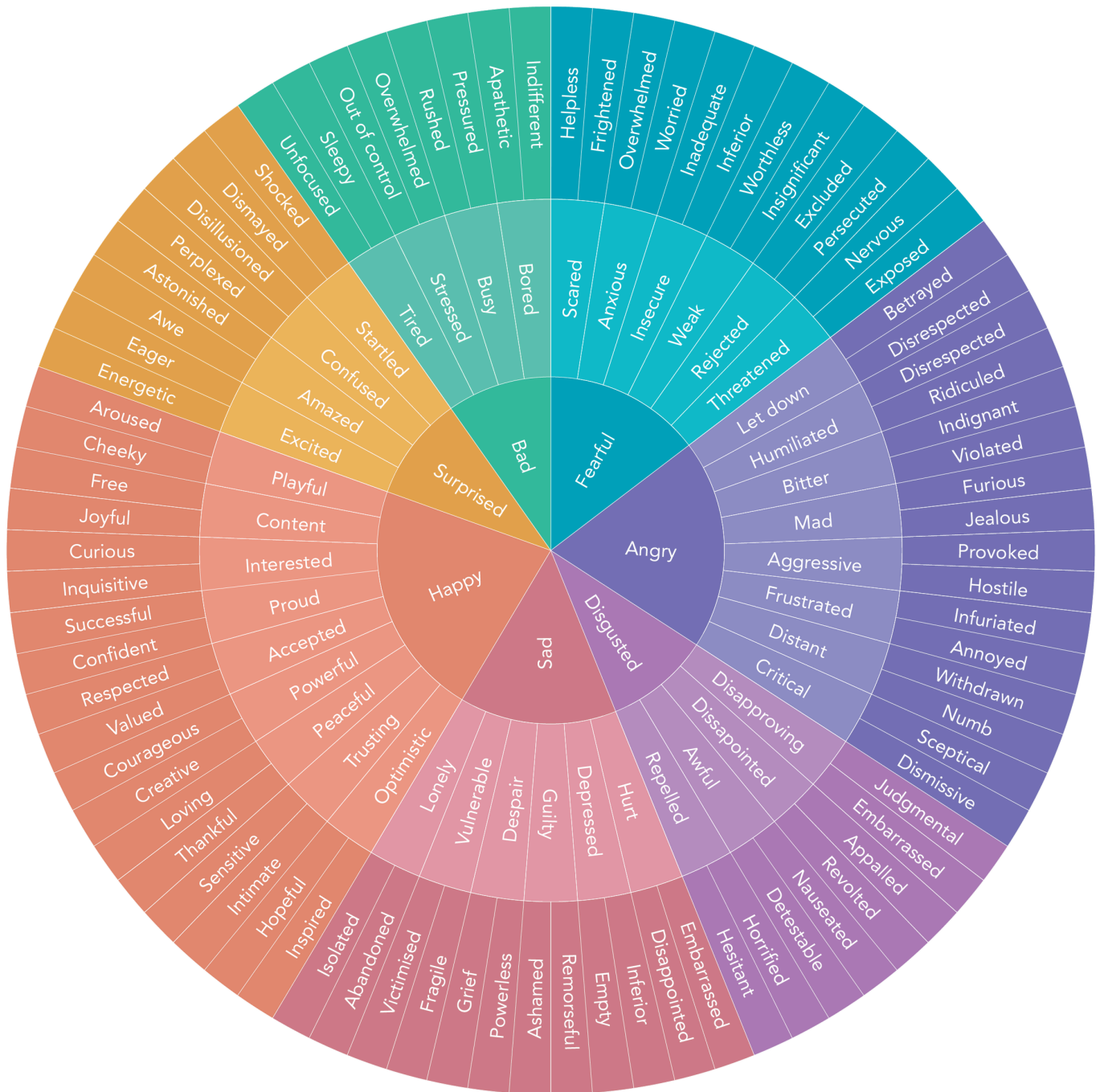
When my stress response is triggered, I will show up for myself by...

In this moment I am open to embody...

- Pause. Visualize. Hug yourself. Breathe slowly. Feel your feet grounded. Visualize what you want to embody. See it existing + happening as a movie (what it looks like + feels like.) Allow yourself to receive it! Believe it is possible + is happening right now in your mind. Let your face express it. Say out loud how it feels to embody it. Let this energy guide you!

Emotion Wheel

Use this emotion wheel to put words to the emotions you are experiencing. When we name the emotions, this part of you feels seen and understood. This level of emotional intelligence is powerful!



Sensation List

Use this sensation list to put words to the sensations you are experiencing.

Calm	Sweaty	Tight
Energized	Wooden	Nauseous
Smooth	Congested	Shaky
Streaming	Dull	Trembly
Warm	Dense	Throbbing
Cool	Frozen	Pounding
Relaxed	Icy	Fluttery
Open	Disconnected	Shivery
Light	Thick	Queasy
Spacious	Blocked	Wobbly
Airy	Contracted	Bubbly
Releasing	Heavy	Dizzy
Expanded	Suffocated	Spacey
Expansive	Cold	Breathless
Flowing	Numb	Prickly
Floating	Closed	Electric
Fluid	Dark	Tingling
Draining	Hollow	Nervy
Tense	Empty	Twitchy
Tight	Tender	Burning
Constricted	Sensitive	Radiating
Clenched	Bruised	Referring
Knotted	Achy	Buzzy
Hot	Sore	Itchy
Full	Tense	



Self-Care Checklist

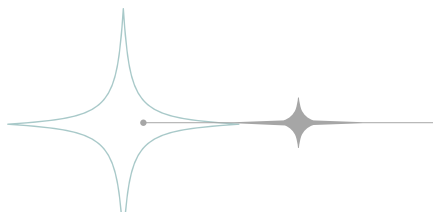
PHYSICAL SELF CARE

M T W T F S S

EMOTIONAL SELF CARE

M T W T F S S

NOTES



30 Day Self-Care Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Go on a Leisurely Walk Alone <input type="checkbox"/>	Declutter 10 Items <input type="checkbox"/>	Breathe deeply for 3 mins <input type="checkbox"/>	Be Good to Someone You Love <input type="checkbox"/>	Start a New Inspiring Book <input type="checkbox"/>
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Get a Massage <input type="checkbox"/>	Detox From Social Media <input type="checkbox"/>	Do a Random Act of Kindness <input type="checkbox"/>	Hydrate with 8 glasses of water <input type="checkbox"/>	Create art or mindfully color <input type="checkbox"/>
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Try Something New <input type="checkbox"/>	Do a Guided Meditation <input type="checkbox"/>	Get an Extra Hour of Sleep <input type="checkbox"/>	Move your body in a fun way <input type="checkbox"/>	Meditate for 10 Minutes <input type="checkbox"/>
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Create a New Morning Routine <input type="checkbox"/>	Call a friend <input type="checkbox"/>	Do something spontaneous <input type="checkbox"/>	Engage in something funny <input type="checkbox"/>	Write 3 Intentions for Yourself <input type="checkbox"/>
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Create a Bedtime Routine <input type="checkbox"/>	Start Your Day With Gratitude <input type="checkbox"/>	Identify Three Stressors <input type="checkbox"/>	Send a "Thank You" Note <input type="checkbox"/>	Engage in Self-Reflection <input type="checkbox"/>
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Take a personal day <input type="checkbox"/>	Take a bath <input type="checkbox"/>	Give Yourself a Facial <input type="checkbox"/>	Watch sunset or sunrise <input type="checkbox"/>	Listen to soothing music <input type="checkbox"/>

Somatic Distress Checklist

Rate how often you experience each symptom over the past 2 months.

0= Never 1= Rarely 2= Sometimes 3= Often 4= Always

EMOTIONAL SYMPTOMS	0	1	2	3	4
1. Feel helpless/powerless	0	1	2	3	4
2. Disorientation- feeling confused	0	1	2	3	4
3. Feel out of control	0	1	2	3	4
4. Feeling frozen, paralyzed, immobile	0	1	2	3	4
5. Extreme emotional shifts	0	1	2	3	4
6. Rage or anger outbursts	0	1	2	3	4
7. Startle easily or feel jumpy	0	1	2	3	4
8. Fear of being watched	0	1	2	3	4
9. Overly cautious	0	1	2	3	4
10. Feel shame/guilt/regret	0	1	2	3	4
11. Feel defeated, inadequate, hopeless	0	1	2	3	4
12. Disconnected (want to run or escape)	0	1	2	3	4
13. Disassociated (late, trouble keeping track)	0	1	2	3	4
14. Obsessive replay of incident, retelling story	0	1	2	3	4
15. Desire to isolate from people	0	1	2	3	4
16. Hypervigilant feeling on guard	0	1	2	3	4
17. Inability to cope with normal stress	0	1	2	3	4
18. Inability to remember things	0	1	2	3	4
19. Self-judgement or blaming self	0	1	2	3	4
20. Distrust others	0	1	2	3	4

Somatic Distress Checklist

Rate how often you experience each symptom over the past 2 months.

0= Never 1= Rarely 2= Sometimes 3= Often 4= Always

EMOTIONAL SYMPTOMS	0	1	2	3	4
21. Fear of intrusion/violation	0	1	2	3	4
22. Constriction, suppression, shutting down	0	1	2	3	4
23. Trusting too easily without caution	0	1	2	3	4
24. Excessive neediness, clinginess, fear of abandonment	0	1	2	3	4
25. Trouble orienting in space (bumps into things)	0	1	2	3	4
26. Disinterest in life	0	1	2	3	4
27. Excessive worry or fear	0	1	2	3	4
28. Fear of being alone	0	1	2	3	4
29. Cry easily	0	1	2	3	4
30. Inability to cry	0	1	2	3	4
31. "Everything is fine" stance	0	1	2	3	4
32. Irritability, overreacting to things	0	1	2	3	4
33. Restlessness, can't settle	0	1	2	3	4
34. Feel unsafe	0	1	2	3	4
35. Always waiting for the next bad thing to happen	0	1	2	3	4
36. Emotional flooding (overwhelmed by emotions)	0	1	2	3	4
37. Heightened sense of urgency	0	1	2	3	4
38. Autoimmune disorder	0	1	2	3	4
39. Disrupted relationships	0	1	2	3	4
40. Offended or hurt feelings often	0	1	2	3	4

Somatic Distress Checklist

Rate how often you experience each symptom over the past 2 months.

0= Never 1= Rarely 2= Sometimes 3= Often 4= Always

MENTAL SYMPTOMS

	0	1	2	3	4
41. Lack of focus or concentration	0	1	2	3	4
42. Gaps in memory- esp related to traumatic events	0	1	2	3	4
43. Prone to accidents	0	1	2	3	4
44. Recurring dreams related to traumatic events	0	1	2	3	4
45. Intrusive flashbacks related to past events	0	1	2	3	4
46. Night terrors or abrupt awakening with intense fear	0	1	2	3	4
47. Losing personal items often	0	1	2	3	4
48. Avoidance of triggers or associations with event	0	1	2	3	4
49. Easily distracted	0	1	2	3	4
50. Little or no awareness of choices	0	1	2	3	4

PTSD SYMPTOMS

51. Bonding with others thru trauma	0	1	2	3	4
52. Desire to hurt self or others	0	1	2	3	4
53. Dreading or anticipating trauma will recur	0	1	2	3	4
54. No sense of future	0	1	2	3	4
55. Loss of creativity	0	1	2	3	4
56. Fear of leaving home	0	1	2	3	4
57. Difficulty starting + completing projects	0	1	2	3	4
58. Compulsively rechecking things you do	0	1	2	3	4
59. Difficulty making decisions	0	1	2	3	4

Somatic Distress Checklist

Rate how often you experience each symptom over the past 2 months.

0= Never 1= Rarely 2= Sometimes 3= Often 4= Always

PHYSICAL SYMPTOMS	0	1	2	3	4
60. Feeling anxious	0	1	2	3	4
61. Panic attacks	0	1	2	3	4
62. Too much energy/hyperactivity/overcharge in body	0	1	2	3	4
63. Disrupted sleeping patterns; insomnia or oversleeping	0	1	2	3	4
64. Lethargy, exhaustion, chronic fatigue, apathetic	0	1	2	3	4
65. Nausea or vomiting; stomach/digestion problems	0	1	2	3	4
66. Feeling physically heavy, like dead weight	0	1	2	3	4
67. Feeling depressed	0	1	2	3	4
68. Chronic pain	0	1	2	3	4
69. Dizziness or shakiness	0	1	2	3	4
70. Hypersensitivity to sound or light	0	1	2	3	4
71. Heart pounding, racing, or irregular	0	1	2	3	4
72. Tension in body (eyes, jaw, neck, shoulders, back, hips)	0	1	2	3	4
73. Prone to headaches or migraines	0	1	2	3	4
74. Excessive or lack of sexual desire/libido	0	1	2	3	4
75. Unexpected weight gain or losing too much weight	0	1	2	3	4
77. Numbing of sensation or feeling	0	1	2	3	4
78. Night sweats or hot flashes	0	1	2	3	4
79. Food sensitivities	0	1	2	3	4
80. Disrupted eating patterns: over eat or under eat	0	1	2	3	4

Somatic Distress Checklist

Rate how often you experience each symptom over the past 2 months.

0= Never 1= Rarely 2= Sometimes 3= Often 4= Always

SYMPTOMS	0	1	2	3	4
Feel anxious	0	1	2	3	4
Feel Out of Control	0	1	2	3	4
Too much energy/hyperactivity/overcharge in body	0	1	2	3	4
Disrupted sleeping patterns; insomnia or oversleeping	0	1	2	3	4
Lethargy, exhaustion, chronic fatigue, apathetic	0	1	2	3	4
Nausea or vomiting; stomach/digestion problems	0	1	2	3	4
Feeling physically heavy, like dead weight	0	1	2	3	4
Feel sad, grieved, or depressed	0	1	2	3	4
Chronic pain	0	1	2	3	4
Dizziness or shakiness	0	1	2	3	4
Struggle to set boundaries; people please	0	1	2	3	4
Heart pounding, racing, or irregular	0	1	2	3	4
Tension in body (eyes, jaw, neck, shoulders, back, hips)	0	1	2	3	4
Prone to headaches or migraines	0	1	2	3	4
Feel offended or hurt often	0	1	2	3	4
Unexpected weight gain or losing too much weight	0	1	2	3	4
Feel numb, disconnected, or isolated	0	1	2	3	4
Want to run away or hide or be alone	0	1	2	3	4
Food sensitivities	0	1	2	3	4
Alot of worry or fear	0	1	2	3	4

Somatic Distress Checklist

RESULTS

of symptoms with a 3 _____

of symptoms with a 4 _____

Add up the number of 3's and 4's.

Review your answers + highlight the symptoms you rated as a 3 or 4. These symptoms might indicate areas of your life that would be a beneficial starting point for further exploration.

If there are several symptoms that land in 3 or 4, consider getting professional help to interrupt your stress cycle of conditioned responses/patterns + move through these symptoms in new ways.

Peaces is possible + you are worthy of it!



How does your body feel when you are experiencing stress or anxiety?



What sensations do you feel in your body when you are experiencing joy or happiness?



What does your body need to feel safe and grounded?



How does your body respond to different types of visual stimuli when you are feeling calm and relaxed?



What body movements make you feel calm and centered?



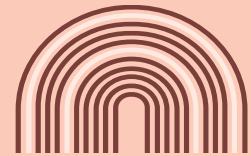
How does your body respond to different types of touch or physical contact?



Can you identify the different areas of tension or tightness in your body?



What does your breath feel like in your body when you are feeling stressed?



How can you use your breath to regulate your nervous system and calm your body?



What kind of touch or physical sensations do you find comforting?



Can you identify any patterns in your body sensations and emotions?



How does your body language change when you feel different emotions?



How can you use your felt sense language to better understand your emotions?



What kind of touch or physical sensations do you find challenging or overwhelming?



How can you use your breath to connect with your body and emotions?



Can you identify the different types of energy in your body?



How does your body respond to different temperatures or weather conditions?



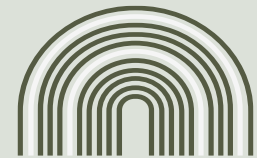
What kind of movement helps you feel more energized and awake?



How can you use your senses to connect with nature and the world around you?



Can you describe the sensations in your body when you experience grief or sadness?



How can you use your breath to release tension or pain in your body?



What kind of touch or physical sensations do you find soothing or calming?



How does your body respond to different scents or aromas?



What kind of movement helps you feel more relaxed and at ease?



How can you use your senses to connect with your intuition and inner wisdom?



Can you identify any areas of numbness or lack of sensation in your body?



How does your body respond to different types of food or drink?



What kind of movement helps you feel more creative and inspired?



How can you use your senses to connect with your spirituality or higher power?



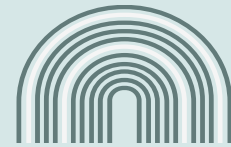
Can you describe the sensations in your body when you experience anger or frustration?



How can you use your breath to increase your sense of presence and awareness?



What kind of touch or physical sensations do you find invigorating or exciting?



How does your body respond to different types of touch or physical contact?



What kind of movement helps you feel more confident and empowered?



How can you use your senses to connect with your emotions and inner world?



Can you identify any areas of tension or discomfort that you habitually avoid?

28-Day Gratitude Journal Challenge

DAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1	Write down three things you are grateful for today.	Call or text someone you appreciate and let them know why you are grateful for them.	Write about a person who has positively impacted your life and why you are thankful for them.	Make a list of five things that bring you joy and gratitude.
2	Take a moment to appreciate something in nature, whether it be a beautiful view or the feeling of the sun on your skin.	Write about a place you are grateful for, whether it be your home, a favorite vacation spot, or a cozy coffee shop.	Think about a talent or skill you have that you are grateful for and write about how it has positively impacted your life.	Write a thank you note to someone who has made a difference in your life.
3	Write about a moment or experience that made you feel grateful or blessed.	Take a moment to appreciate your body and write about three things you are thankful for in regards to your health.	Write about a material possession you are grateful for and why it brings you joy.	Take a moment to appreciate your job or career and write about how it has positively impacted your life.
4	Write about a friend or family member who has been there for you through thick and thin, and how they have positively impacted your life.	Make a list of five things you are looking forward to in the future and why you are grateful for them.	Take a moment to appreciate your community and write about something you are thankful for in regards to where you live.	Write about a book or movie that has inspired you and how you are grateful for its impact on your life.
5	Write about a time when someone showed you kindness and how it impacted your life.	Write about a spiritual belief or practice that brings you gratitude and peace.	Take a moment to appreciate the technology you use on a daily basis and write about how it has positively impacted your life.	Write about a food or meal you are grateful for and why it brings you joy.
6	Write about a challenge or obstacle that you are grateful for because it taught you something important.	Make a list of ten things you are grateful for right now.	Write about a pet or animal you are grateful for and how they bring joy to your life.	Take a moment to appreciate your senses (sight, smell, taste, touch, and hearing) and write about three things you are grateful for in regards to each sense.
7	Write about a teacher or mentor who has positively impacted your life and how you are grateful for their influence.	Take a moment to appreciate your sense of humor and write about three things that make you laugh or smile.	Write about a historical figure or event that you are grateful for and how it has positively impacted your life.	Make a list of three things you are grateful for in regards to your personal growth or development.

Weekly Gratitude Journal Worksheet

DAY	
1	
2	
3	
4	
5	
6	
7	



Today's date _____

What are five things that bring me joy, and how can I incorporate them into my daily routine?

What are some negative thought patterns that I tend to fall into, and how can I challenge or reframe them?

Today's date _____

What is something that I've been wanting to learn or try, and how can I make time for it in my schedule?

What are some of my strengths and how can I use them to build my confidence and accomplish my goals?

Today's date _____

What are some things that I am grateful for in my life, and how can I cultivate a sense of gratitude on a regular basis?

What are some ways that I can take care of my physical health, such as by getting enough sleep, eating well, and exercising regularly?

OTHER SOMATIC OFFERINGS!!!



YOUR ON-THE-GO EMOTIONAL REGULATION TOOLBOX

42 SOMATIC SELF-CARE CARDS IN DIGITAL + PRINTABLE FORMAT

42 Somatic Self-Care Cards
In Digital + Printable Format



10-DAY SOMATIC STRESS RELEASE COURSE

Responding to Stress with Compassion + Ease
Less than 10 mins/day

10-Day Somatic Stress Release Course



Release + Restore Class

Online Somatic Class to
Release Stress + Restore Inner Peace

Monthly Online Zoom Somatic Stress
Release Class



EFT TAPPING MASTERCLASS FOR STRESS RELEASE

Includes EFT Tapping Training + Guided Videos

Take Your Power Back with
Emotional Stability + Somatic Release

EFT Tapping Masterclass + Somatic Release
with 7 Guided EFT Tapping Videos



Nourish Membership
 TRANSFORMATION PATHWAY TO PEACE
 Move from Surviving to Thriving

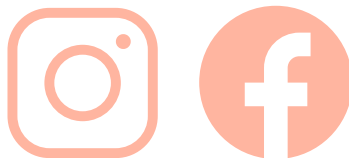
Peace is possible when you nourish your mind, body, + spirit!

<p>REWIRE</p> <p>Rewire your brain to think + act differently with new neural pathways. Increase awareness of emotions + how they trigger you.</p>	<p>REGULATE</p> <p>Regulate + calm your nervous system using mind-body healing tools. Take steps of action to experience ease + respond from a grounded state.</p>	<p>RELEASE</p> <p>Release stored tension, stress, + trauma from your body through gentle movement. Increase resilience. Open to possibility.</p>	<p>RECONNECT</p> <p>Reconnect with your body sensations + attune to core needs. Respond with compassion as you nurture your mind, body, + spirit.</p>	<p>RECLAIM</p> <p>Reclaim + embody peace + joy. Experience ease + flow. Expand capacity for both pain + pleasure. Live from an empowered state.</p>
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Nourish Healing Hub Membership + Discounted 1:1 Coaching



LET'S CONNECT!



www.dancinginthemess.com

Hey friends! I am Jill Marie Howell...an emotional health coach, speaker, and somatic practitioner who has overcome complex ptsd, chronic pain anxiety, and depression. I guide women to break through the chaos of their survival stress cycle and rewire their nervous systems to embody peace using integrative mind-body healing modalities. I equip women to feel safe + secure within and confidently create a life of peace + joy!

I am dancing in the messy middle with you!
Jill

Jill Marie Howell
Emotional Health Coach
Somatic Practitioner