

# 25 Fun Ways to Release Stress, Anxiety + Depression

Somatic (body-based) Practices To Create More Joy + Ease

Free Guide



Created with love by Jill Marie Howell  
@dancinginthemess

**Your body heals with play.  
Your mind heals with laughter.  
Your spirit heals with joy.**



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

# I Dare You to Create More Joy!

1. Have a dance challenge + shake your booty in every room of your house
2. Blow bubbles or splatter paint outside
3. Try **Skipping** + **Foot Stomp** videos
4. Take photos using items in funny ways
5. Go to a park + play- get out of your comfort zone + play like a kid
6. Let creativity flow with paints, chalk, crayons, or markers- free flow with no objective or end result (doodles + marks)
7. Play interactive body movement games- Charades, Spoons, Pig (bball), Cornhole
8. Respond to someone in a silly voice or like an animal
9. Do **Somatic Shaking**
10. Do **Mirroring Activity**
11. Have a laughing contest or laugh by yourself just for fun
12. Bounce on a rebounder or trampoline
13. **Hum** or sing to stimulate your vagus nerve
14. Ride a bike or roller skate/iceskate
15. Start a silly string or shaving cream fight, nerf gun war, or water balloon fight
16. Spontaneously take a trip with no plan
17. Smile at strangers at the store
18. Play Heads Up game on app
19. Dance in the rain or puddle jump
20. Draw a picture while blindfolded
21. Read tongue twisters
22. Learn how to juggle + surprise your family
23. Do brain gym exercises + laugh at yourself + others playfully when you make a mistake
24. Dance your way back to joy- try **embodied movement video**
25. Join me + my Nourish Members at our monthly somatic **Play + Possibility Workshop** to increase more joy in your life

Are you tired of feeling like a pressure cooker ready to burst with anxiety, overwhelm, + exhaustion?



**The NOURISH Healing Membership will guide you on your pathway to peace for only \$37!**

Your stored tension + stress must be released from BOTH mind + body or it can show up as chronic illness or pain, autoimmune disorders, fatigue, anxiety, depression, etc. Your emotional health affects the way you view yourself, how well you function, + how you interact with the people you love. It affects EVERY area of your life!

It's time to learn how to REGULATE + REWIRE your nervous system, RECONNECT your mind + body, + RELEASE stress + trauma, and RECLAIM peace + joy!

FOR MORE  
INFO...

*click here* →

# Nourish Membership

## YOUR TRANSFORMATION PATHWAY TO PEACE

Move from Surviving to Thriving with Nourishing Self-Regulation Practices

RECONNECT	REGULATE	RELEASE	REWIRE	RECLAIM
Reconnect with body sensations + attune to your core needs. Increase awareness + self-trust as you nourish your mind, body, + spirit.	Regulate + calm your nervous system using mind-body healing tools. Take steps of action to guide your body + brain back to ease.	Release stored tension, stress, + trauma from your body through gentle movement. Open yourself up to possibility + hope.	Rewire your brain to think + act differently with new neural pathways. Transform response to stress + triggers. Respond from grounded state.	Reclaim + embody peace + joy. Experience ease + flow. Expand capacity for both pain + pleasure. Live empowered!



# A Note From Jill...

## YOUR GUIDE TO RELEASE MIND + BODY STRESS, RESTORE INNER PEACE, + RECLAIM JOY

Hey friend! I'm glad you're here! I am an **Emotional Health Coach** who specializes in **Somatic Stress + Trauma Recovery**. I just want to share a little bit about how I got here.

I spent two decades of my adult life **overcoming C-PTSD + chronic symptoms** (debilitating physical pain, IBS, heart burn, depression, + anxiety) while only using traditional talk therapy methods. In 2020, I **finally got sick of staying stuck** in it all and integrated **somatic (body) healing + inner child healing + brain retraining + nervous system understanding**, and the combination finally broke through my cycle of despair.

Now, my mission is to empower women like you to take your power back + ease your mind-body overwhelm. We do this by **rewiring your brain + body, creating emotional stability, releasing stuck stress + trauma, restoring self-trust, and reconnecting your mind + body.**

In 1:1 coaching I **gently guide you to meet the parts of you that need to be seen, heard, validated, loved, + met with compassion** in order to calm the chaos inside. I incorporate *Nervous System Regulation, Somatic Healing Practices, EFT Tapping, NLP, Meditation/Mindfulness, Inner Child Healing, IFS Therapy, Self-Compassion Therapy, Brain Retraining, + Play* into my 1:1 trauma-informed coaching.

**Is it your time to stop living in survival mode? I think so! :)**

**Let me help you release mind + body stress that has been stored for too long and guide you back home to peace where you flow with ease through distress.**

**You are worthy of living a life of ease + joy!**

**I am dancing in the messy middle with you!**

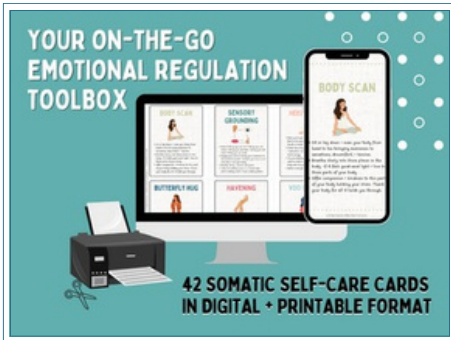
*Jill*

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**CONNECT WITH ME ON SOCIAL!**



# MORE SOMATIC OFFERINGS FOR TO RESTORE PEACE, JOY, + STABILITY...



42 Somatic Self-Care Cards- Digital + Printable  
 \$17



Less than 10 min/day- Somatic Stress Release Course  
 \$47



EFT Tapping Masterclass + 7 Guided Tapping Videos  
 \$37

Click on the photo for more information!



Monthly Play + Possibility Somatic Zoom Class  
 \$17



Nourish Healing Hub- Guided Videos/Audios + Monthly Classes  
 \$37



Monthly Release + Restore Somatic Release Zoom Class-  
 \$17