

RELEASING OUR EMOTIONS

Releasing stored emotions or trauma from the body feels like a profound physical and emotional shift from tension to relief.

Physical Signs of Release

- **Shaking or trembling:** Your nervous system naturally discharges trapped stress energy by letting your muscles shake.
- **Temperature changes:** You might feel sudden warmth, tingling, or hot and cold flashes as blood flow shifts.
- **Deep breathing changes:** Spontaneous deep sighs, yawning, or a slower heartbeat signal that your body is letting go of tightness.
- **Muscle softening:** Your jaw, shoulders, and gut muscles unclench and relax after holding long-term tension.
-

Emotional Signs of Release

- **Unexpected waves of emotion:** Sudden crying, laughter, or a burst of anger can happen without a direct trigger.
- **A sense of lightness:** Many people report feeling physically lighter, weightless
- **A sense of lightness:** Many people report feeling physically lighter, weightless, or mentally clear once the intense wave passes.
- **Fatigue or energy shifts:** You might feel deeply tired right after the release as your body recovers or notice a renewed sense of vitality.

You can read more about somatic processing and body-based healing approaches through [Medical News Today](#) regarding how emotions affect physical comfort.

If you'd like, tell me:

- What **physical sensations** you are currently noticing in your body
- If you are looking for specific **grounding or breathing exercises** to help facilitate a release

I can tailor the next steps directly to what you need.