



Example Whole Body Exhale List

A whole body exhale list refers to the simple everyday practices you know that you can turn to at times throughout your day to resource you.

This is my whole body exhale list I have stuck on my office wall – where I spend a large chunk of my day.

- Feeling my feet on the earth and connecting to her solidity.
- Imagining a big oak tree whose trunk I can rest my back into – knowing its roots dive deep into the earth – holding and anchoring.
- Drinking a warming cup of tea that brings comfort and a sense of 'it's all ok'.
- Listening to the birds singing their songs – I love opening the windows when I'm working – or stepping outside between calls to drink in their melody.
- Immersing myself in a bath full of bath salts and seaweed – its so nourishing and deeply relaxing (highly recommended if you've not tried it!)
- Resting my legs up the wall – and lying back and receiving the calming effects of my parasympathetic nervous system coming online.
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- Preparing and doing a vaginal steam session – feeling the soft warm steam connect with my body and the power of the herbs to restore, recharge and relax my body.
- Feeling the soft wool of my sheepskin against my face and brushing my hands through it.

You may or may not connect to these things – but the ones you do will provide doorways into more health, wellness and vitality and will serve as resource anchors when visited over time.

The list reminds us that we have resources and if we prioritise them throughout our day we start building a wider base of support – enabling us to meet challenge as it arises with more ease.

I strongly recommend writing and engaging with your whole body exhale list as part of your resourcing practice throughout this training.

I'd like to thank Rachael Maddox for introducing me to this idea.