

WELLNESS NAVIGATORS

Co-funded by the European Union

◆ Webinar 02 of 06 · Live on Zoom

Regulating Emotions through the Body

Moving from stress to connection



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Thu 29 Oct · 19:00 CET

Welcome

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Today we will...



Breathe **Move** **Feel** **Explore** **Pause**

Less theory, more movement. No previous experience needed: just comfortable clothes and a little space.

A gentle invitation

- This is not a webinar for multitasking.
- For this hour, give yourself your full attention.
- Today we practise conscious presence.

◆ Check-in

How activated am I right now?

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Notice your body · your mind · your emotions



very low activation

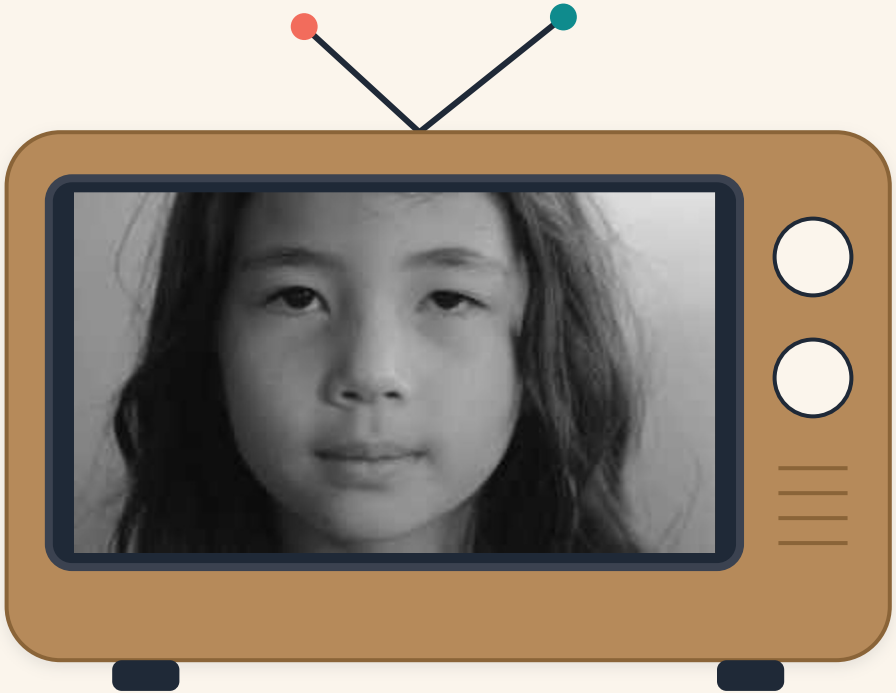
very high activation

There is no right or wrong number.

◆ Video 1

Just Breathe

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As you watch, notice:

Emotion
What emotion do you notice?

Body
What happens in the body?

Reaction
How do they want to react?

Short reflection video · approx. 3:40 · Backup link on YouTube

◆ Sharing

After Just Breathe

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Emotion

angry · worried · frustrated · overwhelmed



Body

hot face · tight jaw · headache · red cheeks



Reaction

shout · hit · cry · withdraw



Awareness

pause · breathe · notice · choose



What is my first sign of stress?

The body–emotion connection



Interoception
noticing the signals from inside the body.

It is a two-way conversation.

What I feel influences my body, and my body also influences how I feel.

Reflection

My personal stress map

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Body

- tight chest
- shallow breath
- jaw tension
- knot in stomach
- headache
- restless legs
- warm face
- heavy shoulders

Emotions

- angry
- worried
- frustrated
- overwhelmed
- anxious
- sad
- tense
- confused

Thoughts

- “I can't do this.”
- “This is too much.”
- “I don't have time.”
- “I need to fix this.”
- “What if I fail?”
- “No one helps me.”

Reactions

- rush
- shout
- withdraw
- control
- avoid
- overthink
- say yes too quickly
- stop listening

What is my first signal? What do I need?

◆ Tools

Simple ways to regulate

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Grounding

- Feel your feet on the floor
- Notice the chair supporting you
- Soften your shoulders



Gentle breath

- Notice the inhale
- Notice the exhale
- Do not force the breath



Orientation

- Look around the room
- Name 3 things you can see
- Come back to the present moment

Presence before reaction.

◆ Tools

Breathing and body support

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Five-finger breathing



1. Open one hand.
2. Use one finger of the other hand.
3. Move your finger up: breathe in.
4. Pause gently at the top.
5. Move it down: breathe out.
6. Continue at your own pace.

Gentle tapping & self-contact



- forehead
- cheeks
- jaw
- shoulders
- arms
- one hand on the chest

Eyes, touch, movement and breath working together.



◆ Movement

Less theory, more movement

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We breathe, move, notice and discover what the body already knows. Movement and connection with others help the nervous system come back to calm.

Breathe **Move** **Notice** **Connect**





Wellness Navigators in action

Body-based activities with young people and youth workers in our local workshops.

◆ Check-in

How activated am I right now?

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very high activation

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◆ Posture

From contraction to presence

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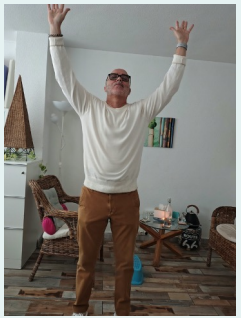
Contraction

- Shoulders forward
- Chest closed
- Less space



Presence

- Feet grounded
- Open chest
- Relaxed shoulders
- Calm gaze



Superhero
openness & energy



Seated presence
stillness & connection

PARAR

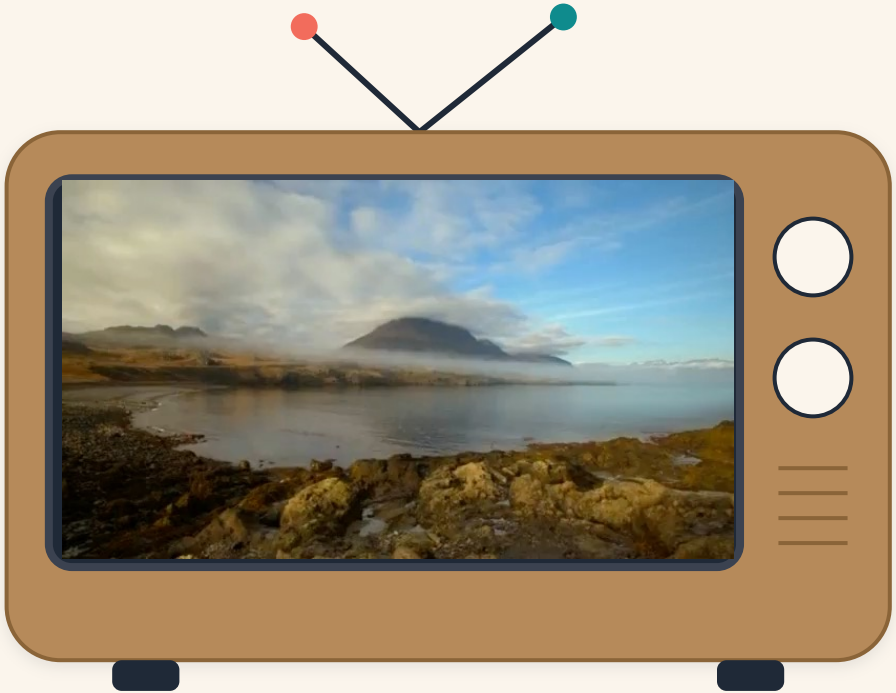
- **Pause**
- **Anchor**
- **Breathe**
- **Attend**
- **Respond**

What quality do I want to bring with me?

◆ Closing video

Breathe with the Earth

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A final moment to pause, breathe and simply receive.

“Find a comfortable position. Allow your breathing to be natural. And enjoy the experience.”

Closing integration · approx. 1:28 · Backup link on YouTube

◆ Going deeper

Recommended reading

The body speaks before words

2003

When the Body Says No

Gabor Maté

The Cost of Hidden Stress

2014

The Body Keeps the Score

Bessel van der Kolk

Brain, Mind, and Body in the Healing of Trauma

2005

The Body Never Lies

Alice Miller

The Lingering Effects of Hurtful Parenting

1997

Waking the Tiger

Peter A. Levine

Healing Trauma

2022

The Myth of Normal

Gabor Maté & Daniel Maté

Trauma, Illness and Healing in a Toxic Culture

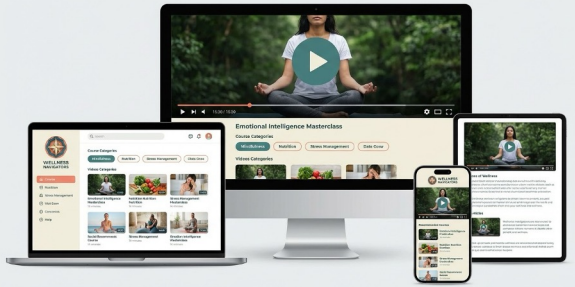
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Thank you

Pause · Breathe · Listen

What do I need right now?

“Your body is not your enemy. It gives you information.”



Recordings, theory library and resources, in English, Spanish, Italian and Polish.

NEXT WEBINAR · 03 / 06

From Overwhelm to Inner Ground

Paulina Orbitowska-Fernandez · Tue 24 Nov 2026 · 19:00 CET

Recording & resources: www.wellnessnavigators.eu

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