

# Practical Somatic Micro-Practices for Moving Through Grief and Anger

by Mina Todorova from **Healing the Void**

When emotions like grief and anger are lodged deep in the body, we need practices that speak the body's language: **sensation, movement, breath, and touch**.

These **somatic micro-practices** are intentionally small and simple — enough to fit into a busy or overwhelmed day, but powerful enough to gradually restore flow and integration.

You don't have to "get it right."

The key is **showing up with presence**, even for a few minutes.

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## Micro-Practice 1: The "Sighing Out" Breath

### When to Use:

When you notice a build-up of tension in your chest, throat, or jaw.

### How to Do It:

- Inhale naturally through your nose.
- Exhale through your mouth with an audible, open-mouthed sigh.
- Let the sound be rough, messy, or even a little loud.
- Repeat 3–5 times, feeling the weight leave your body with each sigh.

### Why It Helps:

Sighing is a natural **reset** for the nervous system.

It releases held energy and signals to the body that it's safe to soften.

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## Micro-Practice 2: Heavy Hands Over the Heart

### When to Use:

When grief feels unreachable, or when anger masks deep sadness.

### How to Do It:

- Place one or both hands over the center of your chest.
- Let the hands be **heavy**, not light.
- Imagine your hands sinking through layers of tension and guarding.
- Breathe slowly, as if breathing into your own touch.
- Stay for 1–2 minutes.

**Why It Helps:**

Touch can bridge the gap between disconnection and felt emotion.  
A heavy, warm touch reminds the body that **it is still safe to feel**.

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**Micro-Practice 3: "Stomping It Out" (Anger Release)****When to Use:**

When anger feels overwhelming and needs an outlet that doesn't harm others.

**How to Do It:**

- Stand upright, feet hip-width apart.
- Begin to **stomp** your feet deliberately into the ground, one foot at a time.
- Let your arms swing naturally, maybe even adding some vocal sound (a grunt, a breath, a wordless yell).
- Continue for 30–60 seconds, or until you feel a shift.

**Why It Helps:**

Stomping grounds the **fight** energy of anger safely into the earth, rather than letting it turn against others — or against yourself.

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**Micro-Practice 4: Rocking the Body****When to Use:**

When grief feels overwhelming or you are restless and can't sleep.

**How to Do It:**

- Sit comfortably in a chair or cross-legged on the floor.
- Begin to **gently rock** your torso forward and back, or side to side.
- Move slowly, finding a natural rhythm.
- You might hum softly if it feels comforting.

**Why It Helps:**

Rocking is a **primal soothing motion**, often instinctively used with babies — and still powerful for adults in distress.

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**Micro-Practice 5: "Nature Tethering" for Restless Nights****When to Use:**

When you're lying awake, restless and filled with unnamed emotion.

**How to Do It:**

- Visualize yourself tethered to a natural object — a tree, a mountain, a river.
- Imagine a **thread of connection** from your body to this stable, timeless presence.
- Breathe as if you could draw strength and grounding from it.

**Why It Helps:**

This visualization **anchors** the overwhelmed mind and body back into a larger field of stability and safety.

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**A Note About Micro-Practices**

None of these techniques are about **fixing** you.

They are about **accompanying** yourself — meeting the emotion in the body where it lives, without judgment.

Even a few moments of **conscious breath, movement, or touch** can shift the emotional current, opening space for grief and anger to move through rather than stay stuck.

*Tiny actions, repeated gently, can change the whole terrain of healing.*

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