



Six Somatic Exercises to Stay Calm in Conflict

Description

Everyone experiences moments of intense conflict, like arguments with a partner or difficult times with a colleague. It often feels like your body takes over, leading to actions you might regret. You might wonder how to handle these situations better.

In these moments, thinking your way through it doesn't usually help. Erica Schwartzberg, a therapist from Downtown Somatic Therapy, explains that during a heated argument, your logical brain is not fully active. That's why simply calming down isn't effective. It's important to calm your body first, so you can return to a more logical state and communicate better.

When emotions are high, adjusting expectations is key. Toni Teixeira from Strong at the Core Counseling notes that calming down quickly is difficult. The goal should be to think more clearly, enabling better decisions.

Simple actions during a fight can help. Teixeira suggests small movements to change your body's response to stress. This creates a gap between what triggers you and how you respond, allowing more thoughtful reactions.

Physical techniques can help shift your mindset. For example, stepping back or making your lips flutter can signal safety to your body. Shaking or deep sighing can reset your stress levels. These actions show your body it doesn't need to stay in 'fight' mode.

Looking around the room can also remind you that you're safe, helping calm your nervous system.

Vocabulary List:

1. **conflict** /'kɒnflɪkt/ (noun): a strong disagreement between two or more people
2. **regret** /rɪ'grɛt/ (noun): a sad feeling about something you did
3. **logical** /'lɒdʒɪkəl/ (adjective): based on clear thinking and reason
4. **somatic** /sə'mætɪk/ (adjective): relating to the body rather than the mind
5. **expectations** /,ɛkspek'teɪʃənz/ (noun): beliefs about what will or should happen
6. **triggers** /'trɪgəz/ (verb): causes a quick emotional or physical reaction

Comprehension Questions



Multiple Choice

1. What does Erica Schwartzberg emphasize is not fully active during an argument?
 - Option: Logical brain
 - Option: Emotional brain
 - Option: Memory
 - Option: Creative brain
2. According to Toni Teixeira, what should the goal be during an argument?
 - Option: To win the argument
 - Option: To think more clearly
 - Option: To calm down quickly
 - Option: To avoid conflict
3. Which technique is suggested to signal safety to your body?
 - Option: Shouting
 - Option: Making your lips flutter
 - Option: Ignoring the situation
 - Option: Withdrawing completely
4. What is the role of small movements during a conflict?
 - Option: To distract the other person
 - Option: To create a gap between triggers and responses
 - Option: To escalate the tension
 - Option: To ignore the emotions involved
5. What does looking around the room help with during high emotions?
 - Option: It distracts you
 - Option: It reminds you that you're safe
 - Option: It makes the argument worse
 - Option: It allows you to plan your next statement
6. Which action is mentioned as a way to reset stress levels?
 - Option: Deep sighing
 - Option: Yelling
 - Option: Ignoring the problem
 - Option: Laughing



True-False

7. Calming down your logical brain is the first step according to Erica Schwartzberg.
8. Adjusting expectations is important when emotions are high, according to Toni Teixeira.
9. Shaking can help reset your stress levels.
10. The only way to handle conflict is through logical reasoning.
11. Physical techniques are ineffective in calming the nervous system.
12. It is easy to calm down quickly during a heated argument.

Gap-Fill

13. In moments of conflict, it's often difficult to think your way through it; your logical brain is not fully active, leading to _____ actions.
14. Toni Teixeira notes that calming down quickly is _____ during an argument.
15. Stepping back or making your lips flutter can signal _____ to your body.
16. Looking around the room can help remind you that you're _____ during a conflict.
17. These actions help your body to not stay in 'fight' _____ mode.
18. Simple actions during a fight can create a gap between what triggers you and how you _____.

Answer

Multiple Choice: 1. Logical brain 2. To think more clearly 3. Making your lips flutter 4. To create a gap between triggers and responses 5. It reminds you that you're safe 6. Deep sighing

True-False: 7. False 8. True 9. True 10. False 11. False 12. False

Gap-Fill: 13. regretful 14. difficult 15. safety 16. safe 17. mode 18. respond



Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What often arises from opposing interests or values?
Option: Agreement
Option: Conflict
Option: Sympathy
Option: Indifference
2. What feeling is commonly associated with wishing one had made a different decision?
Option: Joy
Option: Regret
Option: Relief
Option: Excitement
3. Which term describes the system responsible for digestion and absorption of food?
Option: Respiratory
Option: Gastrointestinal
Option: Nervous
Option: Musculoskeletal
4. What type of medication is used to treat bacterial infections?
Option: Analgesics
Option: Antibiotics
Option: Antivirals
Option: Vaccines
5. What substance produced in the body helps to protect and lubricate membranes?
Option: Enzyme
Option: Mucus
Option: Bile
Option: Saliva
6. What term refers to the habits and behaviors that influence an individual's health?
Option: Lifestyle
Option: Occupation
Option: Education
Option: Income
7. What are beliefs about how events should unfold called?



- Option: Perceptions
- Option: Expectations
- Option: Assumptions
- Option: Realities

8. What term describes changes in the body related to hormones?

- Option: Hormonal
- Option: Emotional
- Option: Physical
- Option: Mental

9. What term is used for organisms that are not affected by certain treatments?

- Option: Sensitive
- Option: Resistant
- Option: Susceptible
- Option: Vulnerable

10. What term is used for the release of substance from the body?

- Option: Reception
- Option: Absorption
- Option: Discharge
- Option: Ingestion

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Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. The _____ approach addresses the mind-body connection in therapy.
12. Certain chemicals act as _____ to slow down biochemical reactions.
13. Certain foods may serve as _____ for allergic reactions.
14. The _____ is a part of the retina responsible for central vision.
15. In the study of biology, various types of _____ are examined.
16. Patients were _____ for various conditions before entering the study.
17. Biology focuses on understanding how _____ interact within cells.
18. Certain substances can be _____ and harmful to human health.



19. He was diagnosed with a rare _____ that affects the immune system.
20. Adopting a healthier _____ can improve overall well-being.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Setting realistic expectations can greatly reduce stress and disappointment.
22. Conflict often arises when individuals have differing viewpoints or interests.
23. Gastrointestinal health is essential for proper nutrient absorption and digestion.
24. Antibiotics play a crucial role in treating bacterial infections effectively.
25. Somatic therapies often focus on the connection between body and mind.
26. Regret can sometimes lead to personal growth as individuals reflect on past choices.
27. Mucus protects the lining of various body cavities from irritation.
28. Hormonal changes can significantly affect both physical and emotional well-being.
29. Discharge from a wound can indicate infection or the healing process.
30. Various factors can act as triggers for allergies and asthma attacks.

Answer

Multiple Choice: 1. Conflict 2. Regret 3. Gastrointestinal 4. Antibiotics 5. Mucus 6. Lifestyle 7. Expectations 8. Hormonal 9. Resistant 10. Discharge

Gap-Fill: 11. somatic 12. inhibitors 13. triggers 14. macula 15. organisms 16. screened 17. molecules 18. toxic 19. syndrome 20. lifestyle

Matching sentence: 1. expectations 2. conflict 3. gastrointestinal 4. antibiotics 5. somatic 6. regret 7. mucus 8. hormonal 9. discharge 10. triggers

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