



Six Somatic Exercises to Stay Calm in Conflict

Description

We've all experienced it: a conflict with a partner or a tense situation with a co-worker that hijacks our emotions. In those moments, we often regret our actions and wonder how to handle things better.

Thinking your way through these conflicts can be challenging. According to Erica Schwartzberg, a therapist from Downtown Somatic Therapy, during a heated moment, your rational brain shuts down. This is why trying to "calm down" or "talk rationally" doesn't work. Instead, you need to calm your body first to think clearly and communicate effectively.

When you're already overwhelmed, it's important to adjust your expectations. Toni Teixeira, a clinical social worker, explains that becoming calm is difficult when you're already stressed. The aim is to re-engage your thinking brain to make better choices.

Simple actions can make a difference in a conflict. Doing small, easy things can help reduce frustration. Schwartzberg emphasises that this approach isn't about hiding your feelings but creating a gap between emotion and response, so you have better control over how you express yourself.

Here are some quick techniques to help you manage your emotions and respond more effectively.

Taking a small step back in a conflict can physically and mentally shift your position to a safer state, helping to break the stress cycle.

The "horse flutter breath" involves blowing air through relaxed lips to reduce tension. This technique can help your nervous system feel safer.

Shaking your body allows you to release stress and tension, similar to how animals release energy after a threat.

An audible sigh resets your nervous system by activating your body's calming systems. However, it's wise to explain your sigh to others to avoid misunderstanding.

The butterfly hug, involving alternating taps on your shoulders, can help reconnect your brain's emotional and rational centres, offering comfort during conflicts.

Finally, looking around your environment can signal to your brain that you're safe, helping you to shift your focus and calm down.

These techniques provide practical steps to manage your responses during tense situations.

Vocabulary List:



1. **hijacks** //haɪ'dʒæks// (verb): takes control of something in a sudden way
2. **rational** //ˈræʃənəl// (adjective): able to think clearly and sensibly
3. **overwhelmed** //ˌoʊvərˈwɛlmd// (adjective): feeling you cannot deal with things
4. **techniques** //tɛkˈniːks// (noun): special ways to do something well
5. **tension** //ˈtɛnʃən// (noun): feeling of stress or nervous worry
6. **reconnect** //ˌriːkəˈnɛkt// (verb): bring back a connection between two things

Comprehension Questions

Multiple Choice

1. What should you do first during a heated moment according to Erica Schwartzberg?
Option: Calm your mind
Option: Calm your body
Option: Walk away
Option: Raise your voice
2. Who is a clinical social worker mentioned in the text?
Option: Erica Schwartzberg
Option: Toni Teixeria
Option: Unknown
Option: None of the above
3. What does the 'horse flutter breath' technique involve?
Option: Sighing loudly
Option: Blowing air through relaxed lips
Option: Jumping in place
Option: Shaking your body
4. What is the purpose of taking a small step back in a conflict?
Option: To show dominance
Option: To break the stress cycle
Option: To avoid confrontation
Option: To leave the situation
5. The butterfly hug involves which of the following?



- Option: Hugging tightly
- Option: Alternating taps on your shoulders
- Option: Jumping up and down
- Option: Talking to someone

6. According to the text, what can an audible sigh do?

- Option: Make others angry
- Option: Reset your nervous system
- Option: Make you feel sad
- Option: Distract others

True-False

- 7. It is suggested to calm your body before trying to think rationally during conflicts.
- 8. Toni Teixeria believes that it is easy to become calm when stressed.
- 9. Shaking your body can help release stress and tension.
- 10. The techniques mentioned are all about hiding your feelings.
- 11. Taking a small step back in a conflict can help to adjust your position to feel safer.
- 12. Looking around your environment can signal to your brain that you're in danger.

Gap-Fill

- 13. According to Erica Schwartzberg, your rational brain shuts down during a _____.
- 14. To manage your emotions better, you need to create a gap between _____ and response.
- 15. Shaking your body is similar to how animals release energy after a _____.
- 16. An audible sigh activates your body's calming _____.
- 17. The butterfly hug helps reconnect your brain's emotional and _____ centres.



18. Taking a small step back can help break the _____ cycle.

Answer

Multiple Choice: 1. Calm your body 2. Toni Teixeria 3. Blowing air through relaxed lips 4. To break the stress cycle 5. Alternating taps on your shoulders 6. Reset your nervous system

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

Gap-Fill: 13. heated moment 14. emotion 15. threat 16. systems 17. rational 18. stress

Vocabulary quizzes

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

1. What is Brucellosis?

Option: A type of cancer

Option: A bacterial infection

Option: A viral infection

Option: A genetic disorder

2. What type of skin cancer is melanoma?

Option: Non-invasive

Option: Invasive

Option: Benign

Option: Pre-cancerous

3. What is the process of identifying a disease called?

Option: Prognosis

Option: Screening

Option: Diagnosis

Option: Detection

4. What treatment often involves the use of drugs to kill cancer cells?

Option: Radiation therapy

Option: Chemotherapy

Option: Surgery

Option: Immunotherapy

5. What type of stress is related to free radicals in the body?

Option: Cellular



- Option: Oxidative
- Option: Metabolic
- Option: Neural

6. What term describes the likely outcome of a disease?

- Option: Diagnosis
- Option: Prognosis
- Option: Symptom
- Option: Infection

7. What is the term for testing for a disease before symptoms appear?

- Option: Screening
- Option: Diagnosis
- Option: Eradication
- Option: Transmission

8. What term describes the chemical processes that occur within a living organism?

- Option: Metabolism
- Option: Digestion
- Option: Excretion
- Option: Respiration

9. What do you call an individual who carries a disease without showing symptoms?

- Option: Victim
- Option: Patient
- Option: Carrier
- Option: Infected individual

10. What term refers to a non-cancerous tumor?

- Option: Malignant
- Option: Benign
- Option: Invasive
- Option: Combative

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

11. The transmission of Brucellosis can occur through contaminated food and _____ .
12. Modern techniques help detect melanoma at an early _____ in the progression.
13. Many patients take dietary supplements to aid in their overall _____ during



treatment.

14. Patients often feel overwhelmed when facing a cancer _____ like chemotherapy.
15. The virus hijacks healthy cells to reproduce and create an _____ within the body.
16. Therapists often guide patients to reconnect with their _____ for better mental health.
17. With effective treatment, it is possible for some cancers to be completely _____ from the body.
18. High levels of tension can negatively impact metabolism and _____ processes.
19. Certain genetic mutations can increase the risk of developing _____ like melanoma.
20. Invasive procedures often carry more risks than _____ options.

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



21. Recognising the early signs of a disease can lead to more effective treatment.
22. Health initiatives aim to promote awareness and prevent the spread of diseases.
23. Regular screening can help detect diseases in their earliest stages.
24. Benign tumors are non-cancerous and do not spread to other parts of the body.
25. A correct diagnosis is crucial for deciding the best course of treatment.
26. Melanoma is a serious form of skin cancer that requires immediate attention.
27. Understanding the transmission of infections is important for public health.
28. Chemotherapy is often used in the treatment of various types of cancer.
29. Metabolism refers to the process by which your body converts food into energy.
30. Genetic mutations can have significant impacts on an individual's health.

Answer

Multiple Choice: 1. A bacterial infection 2. Invasive 3. Diagnosis 4. Chemotherapy 5. Oxidative 6. Prognosis 7. Screening 8. Metabolism 9. Carrier 10. Benign

Gap-Fill: 11. water 12. stage 13. health 14. diagnosis 15. infection 16. emotions 17. erased 18. healing 19. cancers 20. non-invasive

Matching sentence: 1. recognising 2. initiatives 3. screening 4. benign 5. diagnosis 6. melanoma 7. transmission 8. chemotherapy 9. metabolism 10. mutations

CATEGORY

1. Health - LEVEL4

POST TAG

1. B2
2. ESL learning
3. esl news
4. L4
5. Level 4
6. Somatic Exercises

Tags



1. B2
2. ESL learning
3. esl news
4. L4
5. Level 4
6. Somatic Exercises

Date Created

2026/04/10

Author

aimeeyoung99

ESL-NEWS.COM