

The 5-Minute Somatic Desk Reset

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Step 1: Sensory Foot-Grounding

Orienting to gravity and physical support.

- Uncross your legs and place both feet flat on the floor, hip-width apart.
- Shift full attention downward to the soles of your feet. Notice the solid contact between your shoes and the floor.
- Press lightly into your heels for 3 seconds, then release.

Scan for support: Acknowledge that the floor is holding your weight without any effort from you. Take one unhurried breath.

Step 2: Ventral Vagal Hand Placement

Down-regulating acute threat signals through touch.

- Place your right hand over the center of your chest (sternum) and your left hand on your upper abdomen.
- Apply gentle, steady pressure. Feel the physical warmth of your palms through your shirt.
- Notice the subtle rise and fall of your breath beneath your hands.

Silently track the sensation of touch for 4–5 breath cycles, allowing the physical contact to signal present-moment safety.

Step 3: Desk/Thigh Push Activation

Discharging trapped mobilization energy.

- Engagement: Place both palms flat on top of your desk (or upper thighs).
- Push: Firmly press your hands down into the surface, engaging your core, arms, and shoulders. Hold this active push for 5 to 8 seconds.
- Notice: Pay attention to the physical sensation of your strength and muscle engagement.

Release & Integrate: Slowly release the push completely. Let your hands rest softly in your lap for 10 seconds. Notice the warmth or softness as energy discharges. Repeat 2–3 times.

“My body is permitted to slow down, even while my environment remains fast-paced. I do not need to solve everything in this exact minute.”