Somatic Therapy Exercises for Gut Support

1. Gentle Stomach Massage: Place both hands on your abdomen and gently massage in circular motions. This can help release tension in the gut and stimulate digestion.  
2. Breathwork for Relaxation: Sit in a comfortable position. Inhale deeply for 4 counts, hold for 4, and exhale slowly for 6 counts. Focus on feeling the expansion in your belly and relax any tension.  
3. Body Scan Meditation: Close your eyes and mentally scan your body from head to toe. Release any tightness you may be holding in your stomach or digestive area.  
4. Pelvic Rocking: On your back, gently rock your pelvis forward and back. This subtle movement can help alleviate tension in the lower abdomen.