What’s Your Nervous System’s Somatic Language? Quiz

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This quiz is designed to help you understand how your nervous system communicates through your body. Answer the following questions to learn how your body reacts to stress and relaxation.   
  
### Instructions:  
Answer each question honestly and choose the option that most closely reflects your experience. At the end, you’ll have a better understanding of your body’s somatic language.  
  
1. \*\*How do you feel in your body when you are stressed?\*\*  
 - A. Tense muscles, tight chest, clenched jaw  
 - B. Shallow breathing, racing heart, feeling "on edge"  
 - C. Tight stomach, butterflies, feeling anxious  
 - D. Weakness in the legs, feeling light-headed  
  
2. \*\*What happens to your posture when you are overwhelmed?\*\*  
 - A. I slouch or curl up, trying to protect myself  
 - B. I stand tall, but I can feel my shoulders rising  
 - C. I cross my arms or legs, feeling closed off  
 - D. I fidget, shift my weight, or feel unbalanced  
  
3. \*\*When you are relaxed, how does your body feel?\*\*  
 - A. Calm, with deep breaths and open posture  
 - B. At ease, feeling steady and grounded  
 - C. Light, with a sense of freedom and spaciousness  
 - D. Unconcerned, with a feeling of balance  
  
4. \*\*When you experience a difficult emotion, what sensation do you feel?\*\*  
 - A. A lump in my throat or pressure in my chest  
 - B. Tension in my back or shoulders  
 - C. A knot in my stomach or tightness around my gut  
 - D. A flutter or racing sensation in my chest or limbs  
  
5. \*\*How does your body respond after relaxation or a deep breath?\*\*  
 - A. I feel lighter, relaxed, and at ease  
 - B. I feel energized and ready to tackle the next task  
 - C. My gut feels more settled, and I feel calm  
 - D. My body feels restored, and I have better focus  
  
### Results:  
- \*\*Mostly A’s\*\*: You communicate stress through tension. Your body’s somatic language often involves tightness and rigidity. Practicing relaxation techniques like deep breathing, stretching, and mindfulness can help release this tension.  
- \*\*Mostly B’s\*\*: Your body responds to stress with heightened alertness. You may experience shallow breathing and a racing heart. Grounding exercises, body awareness practices, and deep breathing can help regulate your nervous system.  
- \*\*Mostly C’s\*\*: Your stress manifests in your gut. You may experience digestive discomfort or a nervous stomach. Focusing on digestive health, managing stress, and practicing mindful eating can help calm your body’s response.  
- \*\*Mostly D’s\*\*: You experience stress as physical imbalance. You may feel weak or light-headed under stress. Building physical strength and balance through gentle movement practices like yoga or tai chi can support your nervous system.