

Gentle Movement for Grounding

A simple emotional-reset resource for grief-support volunteers



When you regularly support people through grief, your body may hold tension even after the conversation ends. These gentle movements are intended to support grounding, breathing, and transition - not to treat grief or replace professional care.

1 Supported Child's Pose



Kneel and fold forward over a pillow or bolster. Let your head and arms rest. Breathe naturally for 30-60 seconds.

CHAIR / SUPPORT OPTION

Sit in a chair and rest your forearms and head on a table or stacked pillows.

2 Seated Cat-Cow



Sit tall. Inhale and gently lift the chest; exhale and softly round the back. Move slowly for 4-6 breaths.

CHAIR / SUPPORT OPTION

This version is already chair-based. Keep the movement small and comfortable.

3 Seated Forward Rest

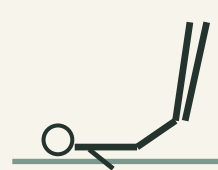


Sit and lean forward onto pillows, a bolster, or a table. Let the support hold your weight; do not force a stretch.

CHAIR / SUPPORT OPTION

Use a sturdy chair and table. Support your head so the neck can relax.

4 Legs Up the Wall



Lie on your back with your legs comfortably supported by a wall. Stay only as long as it feels pleasant and easy.

CHAIR / SUPPORT OPTION

Instead, sit with both feet supported on the floor and lean back into the chair.

One More Resting Pose



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5 Constructive Rest / Supported Savasana



Lie on your back with knees bent or supported by a pillow. Let the floor carry your weight. Notice the breath without trying to change it.

CHAIR / SUPPORT OPTION

Sit back in a supportive chair, feet on the floor, hands resting comfortably. Close the eyes only if that feels safe.

A 5-Minute Volunteer Reset

1 MINUTE **Arrive** Feel both feet or your body supported. Let the shoulders soften.

1 MINUTE **Move** Try seated Cat-Cow or a very gentle stretch with slow breathing.

2 MINUTES **Rest** Use a supported forward rest, Child's Pose, or simply sit quietly.

1 MINUTE **Transition** Notice what you are feeling. Take one unforced breath and turn toward what comes next.

A gentle reminder

Nothing should hurt, and you do not need to stretch deeply. Stop or change the movement if you feel pain, dizziness, numbness, shortness of breath, or increased distress. If stillness feels uncomfortable, walking, stretching, or orienting to the room may be a better grounding choice.

Helpful resources

- Zen Caregiving Project
- Kristin Neff - Self-Compassion While Caregiving
- Mindful - Meditation for Grief and Loss
- UCLA Health - Meditation for Working With Difficulties