

TRAUMA RELEASE EXERCISES (TRE®)

a guide for your home practice

by Dianne Shepherd



A simple, natural way for
your body to release stress
and trauma and come into
balance.

WHAT IS TRE?

Hello, and welcome to the wonderful world of **TRE®**.

TRE® is a series of exercises created by trauma expert Dr. David Bercelli that will connect you to your body's natural way of releasing and integrating stress and trauma. This technique is simple, effective and empowering.

The best part?

Once you master the basics, you can use it at home, on your own, whenever you need to release stress, tension and traumatic events from your body, so you can create a feeling of wellbeing and safety in your system.

Below you'll find the six simple exercises that will help you activate your neurogenic tremor mechanism and start shaking off your stress.

The Exercises

1. Grounding
2. Calf Raises
3. One Legged Squat
4. Forward Fold
5. Psoas Stretch
6. Wall Sit



1 . G R O U N D I N G

This exercise stretches your ankle muscles and activates your feet. Come to a standing position, feet planted just a bit wider than your hips.

Shift your weight side to side coming on to the edges of your feet. Repeat 5 times each side.

2 . C A L F R A I S E S

This activates your calf muscles.

Stand near a wall or a steady chair for support. Lift one foot off the floor and lift and lower your standing foot's heel. To intensify the exercise, don't touch the floor between reps. Keep going until you reach a level 7 of fatigue on a scale of 1-10. 1 being no effort, 10 being maximum effort. Repeat on other leg.

3 . ONE LEGGED SQUAT

This exercise activates your gluteal and hamstring muscles.

Option 1:

Use a wall for support and step about 1 foot away from the wall. Step one foot back and lift that foot off the floor. Bend and extend your standing knee, keeping the weight over the heel. Back foot never touches the floor. Go until you reach your 7 on the scale of 1 to 10.

Repeat on other leg.

Option 2:

From a standing position, forward fold and bring your hands to the floor. Step one foot back and lift your back foot off the floor. Bend and extend your front knee as if doing a one legged squat. Weight stays over front heel, back foot never touches the floor. Go until you reach your level 7 on the scale of 1-10. Repeat on other leg.



4 . F O R W A R D F O L D

This exercise stretches the gluteal and hamstring muscles.

Step your feet a little wider than the width of your hips.

Keeping your knees soft, forward fold and bring your hands to the floor. If you can't reach the floor you can use a yoga block or sturdy chair.

Step1:

Bring your hands under your shoulders and take 3 deep breaths in and out of your nose.

Step 2:

Bring your hands to your left foot and repeat 3 deep breaths.

Step 3:

Bring your hands to your right foot and repeat 3 deep breaths.

Step 4:

Bring your hands back to center and if you can reach underneath you and repeat 3 deep breaths. Slowly roll up.

5. THE PSOAS STRETCH

The Psoas muscles hold much of our stress and trauma and are a major focus in TRE.

This exercise stretches the psoas muscles.

Step 1:

Stand with your feet just wider than hip distance and place your hands as if you were putting them in your back pockets. Keep your knees soft and press your hips forward.

Take 3 deep breaths in and out through the mouth.

Step 2:

Rotate your torso slightly to the right and take 3 deep breaths in and out through your mouth.

Step 3:

Rotate your torso slightly to the left and take 3 deep breaths in and out through your mouth.



6 . THE WALL SIT

This exercise activates your quadricep muscles.

Step 1:

Stand about 1 foot away from the wall.

Bend your knees and slide down the wall until you feel your legs working. Find the place on the wall where you are working at a level 6 on the scale of 1-10. Stay for 5 minutes. Using a timer is a great idea.

Step 2:

When 5 minutes is up, gently forward fold for about 1 minute.



HOW TO STOP THE TREMOR

Stop Positions:

Self regulation and empowerment are a big part of TRE. Once you've activated your neurogenic tremor, knowing how to stop it puts you in control of the process and creates safety. Please use these positions as often as you need to so you can be empowered by the process.

Stop Position 1: Straighten legs, flex feet.

Stop Position 2: Lie on right or left side, fetal position.

REST POSITIONS

Rest Positions:

After you've done the 6 exercises and know your stop positions, take a rest for 1 minute.

Rest Position 1: Soles of feet together, legs relax out in butterfly position.

Rest Position 2: Feet flat on floor, about hips distance.

THE HIP LIFT

The Hip Lift

After your 1 minute rest, it's time to activate your tremor. We do that with a simple hip lift or bridge.

Option 1: Keeping the soles of your feet together, lift your hips and hold for 1 minute.

Option 2: Keeping your feet on the floor, lift your hips and hold for 1 minute.



FINDING YOUR SWEET SPOT

Finding Your Tremor Sweet Spot:

After your hip lift/ bridge come back to your preferred rest position and rest for about 1 minute. Then we will start to slightly change the angle of your legs to find the ideal spot for you to activate your tremor.

Trust your intuition on this, the position is unique to you. Also remember there is no right way to tremor. It may look like a shaking, a rocking, a bouncing or you may at times want to stretch your body. Follow that impulse as it may release you deeper into the tremor.

If you are in the butterfly position:

Slowly lift your legs 2 inches towards the centerline of your body and hold for about 2 minutes. Then lift another 2 inches and hold for another 2 minutes. Keep exploring until you find your sweet spot.

If you are in the feet flat position:

Slowly begin to open your legs 2 inches away from the centerline of your body and hold for about 2 minutes. Then move another 2 inches away and hold for about 2 minutes. Keep exploring until you find your sweet spot.

HOW LONG SHOULD I TREMOR?

When you are new to TRE a good rule of thumb is about 10 minutes of actual tremor time.

To time your session, set a timer or create a playlist of relaxing music that you enjoy. That being said, if you start to feel fatigued, triggered or overwhelmed in any way, always come into the stop position of your choice and conclude your practice and always rest for about 5 minutes after doing TRE.

Over time you will get more comfortable with your tremor mechanism and may want to do an extended practice if that feels safe and right.

I recommend tremoring for about 10 minutes, then stop the tremor and rest for about 5 minutes and see if you'd like to tremor some more.



HOW OFTEN SHOULD I TREMOR?

When you are new to TRE I recommend practicing 3 times per week maximum.

Once you feel comfortable with that, you may want to practice more often. Or you may find that once or twice a week is best for you.

Remember that in TRE less is more and that tuning into your body and creating safety are the key goals. Go slow and steady, and explore what's right for you. That's how you'll reap the most benefit.





Thank You...

I'm so thrilled you're here!

Feel free to reach out to me via email at
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I'd love to hear from you!

*XOXO,
Dianne*

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