

Resourcing Techniques and Suggestions

1. Practice a deep breathing technique
2. Put your hand on your chest or belly or wherever you feel overwhelmed and breathe with it
3. Go into nature or somewhere natural, such as a park
4. Stand, sit, or lay down in grass or sand to ground.
5. Listen to a special song that tends to calm or help you to feel better
6. On the in-breath press feet and legs into floor, on out-breath relax, repeat (to ground, relax)
7. Find any part of the body that is tense, on the inbreath tense that muscle a little, on the out-breath, relax it, repeat
8. Press onto surfaces, with hands or feet. Press a wall, onto the floor and so on. (To become more embodied and ground)
9. Look up “healing/relaxing tones,” or “progressive relaxation” on youtube.
10. Think of one person you care about and knows cares about you, either now or in the past, and hold their image in your mind’s eye. Keep a sense of how you feel this person.
11. State what you are feeling, thinking, imagining. Write it down, draw it or express it in some way to get understanding, to label it, and to get some mental/emotional distance from it.
12. State or write down the whole story you keep telling yourself. See if you can stop that story in its tracks by becoming aware of it. (note that not all feelings have a story, some are just difficult reactions and moods without thought but many do have a story behind them.)
13. Reach out to someone or at least think about or list those that you could potentially reach out to.
14. If difficulty being taken over by reactions, triggers, or addictions, label each time that trigger or button is pushed. State to yourself or write down every thought, feeling, bodily sensation, memory or anything else that goes with it.
15. Imagine the feeling or problem at a distance, in the other room, in a box or chest that’s locked, or filed away. Ask the problem, feeling, or reaction if it would be willing to give you some space, as if you are talking to a person or part of you. Take time to see what happens.
16. Grab something like a pillow or stress ball. Twist a towel, punch a bed, or something else to express what you’re feeling or to discharge anxiety or emotion.
17. Make a list of what or whom you are grateful for and describe how that feels to feel, even a glimmer or gratefulness in this difficult feeling, anxiety or reaction you may be in.
18. In a warm shower, lightly pat yourself all over your body this can have a relaxing and grounding effect (grounding means grounding into the body and out of the head).
19. Do something for yourself to take care of yourself. Buy something for yourself. Take yourself out to dinner. Take a hot bath...

20. Add your own resourcing skills

21. If these fail, contact crisis response, call your therapist, reach out to trusted friends or family or call 911 or a suicide hotline. If unable to look up for any reason, your therapist can help.