

RESOURCING means naming and using positive things in your life to connect to calming sensations inside and bring yourself back to your **Resilient Zone**. When in the Resilient Zone we feel whole in mind, body and spirit. We are better able to handle the ups and downs of daily living. When you get bumped out of your resiliency zone (*i.e. triggered by worries, anxiety, preoccupied with what others are thinking*) then you need to use your resourcing skills.

RESOURCING supports settling, safety, trust and ease. We can practice resourcing by connecting with our experience, either *internally*, in the body or through images (like I mentioned above, imagining the trees), or *externally*, in our environment.

IMAGES are another great tool that we have access to any time. Imagine yourself in a place that is peaceful. Maybe near the ocean, or in the mountains, near a river, sitting on a rock, or surrounded by trees, or in a room at home. Then, as you remember this place with all your senses ... what do you see? what do you hear? what does it smell like? what can you touch? what do you taste? ... take a moment and check in with your body. Do you notice any settling? Any more ease? Take your time. This can be your peaceful place that you can visit anytime you want.

“Wise, Protective, and Nurturing” Images. Imagine 3 persons “real” or “imagined.” Each person represents to you someone who is Wise, a Protector, and a Nurturer. (Pause) Once you have these images know that you can bring up these images anytime for support and grounding.

External Resources include positive experiences and can include the people, places, activities, skills, hobbies and animals we know and love.

My External Resources are:

- 1)
- 2)
- 3)

Internal Resources include experiences, values and beliefs that support or give meaning to life. Personal qualities that you like about yourself, like courage, strength, kindness, compassion and humor are internal resources.

My Internal Resources are:

- 1)
- 2)
- 3)

When should I resource? When you have worry or racing thoughts; in feared situations; scared or stressed, preoccupied by what other people are thinking of you, beating yourself up, negative self-talk, and overwhelming emotions. When your heart rate increases, palms sweating, back aching and any other uncomfortable body sensations.

Take Home Notes - Times I need to resource are

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- Note - how does it feel when I am **OUT** of my resiliency zone? How does it feel when I am **IN** my resiliency zone? What do you notice about your body sensations?

Area: EMDR & Somatic