

**THE BASIC SKILLS-The Community Resiliency Model
Wellness Skills of the Trauma Resiliency Model**
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In helping with common reactions to stressful life experiences, we have learned to invite people to talk about their resiliency story while being receptive to listening to their distressing story. Conversationally, we ask about the resiliency story by integrating strength-based and coping questions in our wellness building strategies.

The questions can bring about feelings of gratitude and relief., **“Do you remember when help arrived?” or “Do you remember the moment you knew you were able to get away from the situation? or Do you remember the moment that your friend/family member arrived to help you?”**

The question, **“When you have had hard times in the past, what or who helped you get through?”** can remind us of past experiences when life was tough and what helped the person get through. This question can bring people to the awareness that they can get through tough times.

The question, **“Who or what is helping you the most now?”** can remind us of personal resources that help us in the here and now.

Tracking and Resourcing
**Paying attention to sensations of well being
while thinking about a personal resource.**

Step 1: Can you bring to mind something or someone that gives you hope, peace or helps you get through tough times. For a few seconds think about all the reasons why this gives you hope, peace or helps you through tough times.
Step 2: As you think about this resource, be aware of changes inside that are pleasant or neutral.

Grounding
Paying attention to your body in the present moment.

Step 1: Find a comfortable position sitting, standing against a wall or laying on a sofa or floor.
Step 2: Bring attention to how your body is supported by the chair, wall or sofa/floor.
Step 3: Bring attention to all places inside that feel more pleasant or neutral. Bring attention to even small places inside your body that feel better. Stay with what feels better on the inside.

Sometimes people can't or do not want to talk. When all of our choice has been taken away, it is important not to push talking. A better way is to offer choices that may help the person. So inviting people to bring their awareness to the present moment by the following strategies can be helpful. This can be accomplished in a conversational way.

Help Now!

- 1. Would it be helpful to go for a walk together?**
- 2. Sometimes it helps to get the energy of anxiousness out by pushing against the wall with our hands or pushing our back against the wall. Do you want to do it with me?**
- 3. Can I get you a drink of water?**
- 4. Sometimes it can help to look around the room, and see what catches your attention? Is there a color you like for example?**
- 5. When I am not feeling like my best self, I have found it helpful to remember a time in my life that was better than this moment.**
- 6. If I am really anxious, sometimes it helps me to count down from 20, would you like to try it with me?**
- 7. I found this app called iChill and I listen to it when I am down or too anxious. You might want to think about using it when you are stressed or down.**