

Resiliency Building "Help Now!" Activities

from Community Resiliency Model (CRM)

Ten strategies to get into the Resilient Zone when you need help now! because you're either too amped up (high zone) or too checked out (low zone)



The goal of doing these activities is to signal safety to the Survival Brain. The Survival Brain understands the language of sensation. That's why in some activities it's important to notice, or "track," your body sensations. Most of the time, 20 seconds of holding your attention on a positive or neutral sensation will reset your body to be in the Resilient Zone. The Survival Brain also understands "orienting", or really looking around the environment and coming to feel inside yourself that it's safe.

1. Walk

Feel the sensations in your body as it moves. Feel your feet pressing into the ground.



2. Push against a wall

Focus on the sensations of your muscles pushing.



3. Look for colors / shapes

Option 1: Name 6 or more colors you see.
Option 2: Name 6 or more shapes you see.
(Hint: You may repeat the same one if you see it in two places.)



4. Count backwards

Count backwards from 10 or 20 while walking around.



5. Drink a beverage

Feel the sensations in your mouth, throat and stomach.



6. Touch objects

What do the textures feel like?



7. Temperature

Notice the temperatures on different parts of your body.



8. Listen for sounds

Name all the sounds you can hear around you.



9. Notice

Look at everything around you and notice which objects catch your attention; name them.



10. Open Eyes

If you have a tendency to close your eyes, open them gently; keep them relaxed and soft.

