

Resourcing is a resilience skill that uses people, places, things, and ideas to help you feel better.



Resourcing can help you stay in your Resilient or “OK” zone. It can also help you get back into your Resilient or “OK” zone if you have been bumped out.

Resourcing uses things you like to help you feel better. These things are called resources.



## RESOURCES CAN BE THINGS LIKE:

- Things you like about yourself like your hair, eyes, or sense of humor.
- A happy memory.
- A person that makes you happy or feel good.
- A place that you like to go.
- Your favorite animal or pet.
- A special picture.
- A favorite song.

It may be easier to have the resource there with you, but this isn't always possible.

When you cannot have the resource with you, thinking about it can be just as helpful.

When you are using the skill of resourcing, pay attention to the details of your resource. This is called **RESOURCE INTENSIFICATION**.

If you have the resource with you, use your senses to pay attention to how the resource looks, smells, or feels. If it's a picture of a person or place, pay attention to the details of the picture.

If you are thinking about your resource, imagine what it looks like, how it feels, what it smells like, what it sounds like, and how it makes you feel.

When you are using the skill of resourcing, try to pay attention to at least three details about your resource.

After you have spent some time thinking about your resource, try to notice parts of your body that feel calmer or even “okay.”

Pay attention to your breathing, heart rate and muscles. After thinking about your resource your breathing and heart rate may slow down, and your muscles may feel more relaxed.

