

RESOURCING Pt. 1

When I feel mad or upset, I can practice resourcing to help me feel better.



Resourcing uses people, places, things and ideas to help me feel better.



Somebody who helps me feel calm could be a resource.



A place that makes me feel happy could be a resource.



Things I like could be resources.



If the resource I picked is too far away, I can practice resourcing by thinking about it.



RESOURCING Pt. 2

If I pay attention to the details of my resource it can help me feel even better.



I should pay attention to how my body feels when thinking about my resource.



Thinking about my resource can help my body feel relaxed and help me stay in my resilient zone.



Resilient or OK Zone