

HELP NOW

from Elaine Miller-Karas's Community Resiliency Model

When you are in your Resilient Zone, you are able to think clearly, make good decisions, and manage your thoughts and feelings. Sometimes, events can bump you out of your Resilient Zone. You may get bumped high—feeling hyped up, anxious, angry—or low—feeling shut down, numb, or depressed. Getting bumped out of your Resilient Zone is not uncommon. It becomes a problem when you get stuck.

The goal of these activities is to signal to your brain that you are safe and return to the Resilient Zone. Most of the time, holding your attention on the activity for 20 seconds is enough to reset.

WALK

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

COUNT BACKWARDS

Count backwards from 20 while walking around.

DRINK A BEVERAGE

Feel the sensations in your mouth, throat, and stomach.

FEEL THE TEMPERATURE

Notice the temperatures on different parts of your body.

LISTEN FOR SOUNDS

Name all the sounds you can hear around you.

PUSH AGAINST A WALL

Focus on the sensations of your muscles pushing.

LOOK FOR COLORS/ SHAPES

Name 6 or more colors or shapes that you see.

NOTICE

Look at everything around you and name the objects which catch your attention.

TOUCH OBJECTS

Describe the different textures and sensations.

