



TO HELP
OTHERS, WE
MUST FIRST
PUT ON OUR
OWN MASK.



Charge

RESILIENT ZONE
Connected with others

Release

OUR RESILIENT ZONE

Adapted from variations that include, but are not limited to, those of Siegel, 1999; Levine & Heller, 2005; and Miller-Karas & Leitch, 2007



JOLT OR THREAT

RESILIENT ZONE
Connected with others

AMPED UP

Anxious, hyper, sleepless,
angry, constantly on the
lookout for danger, pain

SHUT DOWN

Helpless, sad, exhausted,
disconnected, foggy,
withdrawn, numb, pain

OUR RESILIENT ZONE OUT OF BALANCE

Adapted from variations that include, but are not limited to, those of Siegel, 1999; Levine & Heller, 2005; and Miller-Karas & Leitch, 2007

THE RESILIENCY TOOLS

Sense In

Tune into positive physical sensations (use this tool with each of the other resiliency tools)

Rapid Reset

Calm down quickly, pull it together when way out of balance, or help others when needed

Connect

Feel more trust and safety in your relationships with others; notice that you aren't alone

Resource

Sense In to a positive memory or strength that helps you feel better

Restore

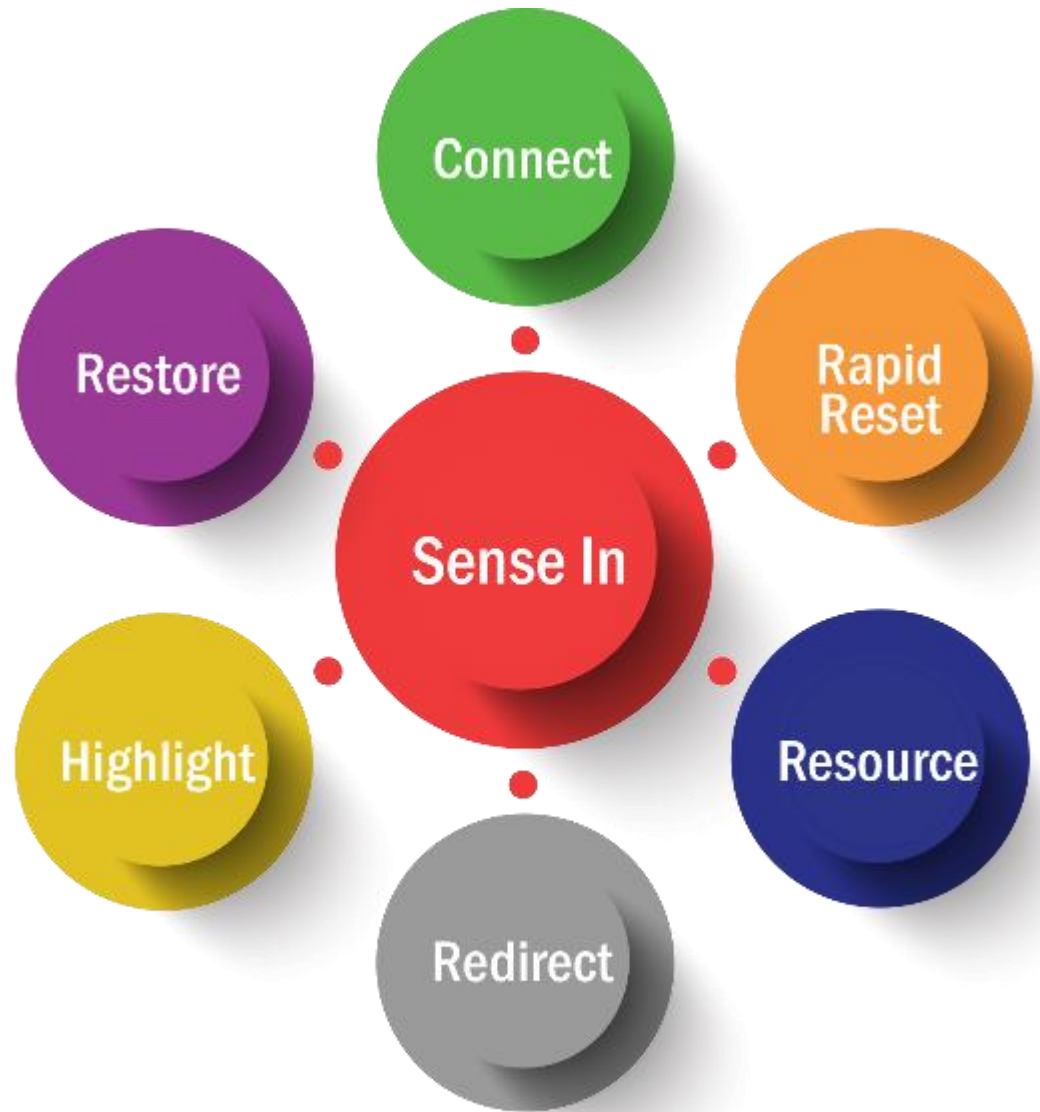
Move from feeling shame to feeling understood

Highlight

Notice and name how you are making it through and who or what is helping you

Redirect

Notice neutral or positive body sensations when you feel physical pain or emotional upset



To restore balance to
our nervous system,
we must signal safety
to the survival brain.

THE KEY TO RESILIENCE

The survival brain
only understands the
language of sensation.

THE KEY TO RESILIENCE



SENSATIONS WE CAN NOTICE

Muscles

- Tense or relaxed

Breathing

- Deeper or shallower
- Faster or slower

Heart rate

- Faster or slower

Temperature

Pressure

Vibration

Where is it?



HIGHLIGHT

Resiliency Tool

When bad things happen, our brain only notices what's wrong and, temporarily, can't see anything else

Highlight questions help us notice something helpful that exists right beside the awful stuff

This helps us widen our field of vision

HIGHLIGHT

Resiliency Tool

Highlight what helped inside the negative story

Resource using the little, but very real, thing that is helping now

Highlight what is helping now and Sense In to it

Notice the change

HIGHLIGHT

Resiliency Tool

“

When I was a boy and I would see scary things in the news, my mother would say to me, ‘Look for the helpers. You will always find people who are helping.’

Rogers, 1983

”

HIGHLIGHT

Discovering the Helpers

Who is helping?

What is helping you make it through right now?

Has there been a moment in this when you have felt slightly calmer – even for 30 seconds?

If someone you love has died, what would the person who is gone say to you now?

HIGHLIGHT

When Someone is Talking about a Life-threatening Event

Ask what they notice physically as they bring the helper to mind

Ask them to Sense In to:

- The moment they knew that they were going to live
- The moment help came

Somatic Gratitude Practice





Resources

- Resources for Resilience: Reconnect for Resilience Curriculum
<https://www.resourcesforresilience.com>
- NC AHEC Offerings:
https://www.ncahec.net/courses-and-events?user_courses=0&search=resilience
- <https://mahec.libguides.com/covid19resiliency>