



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withdrawn, numb, pain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**

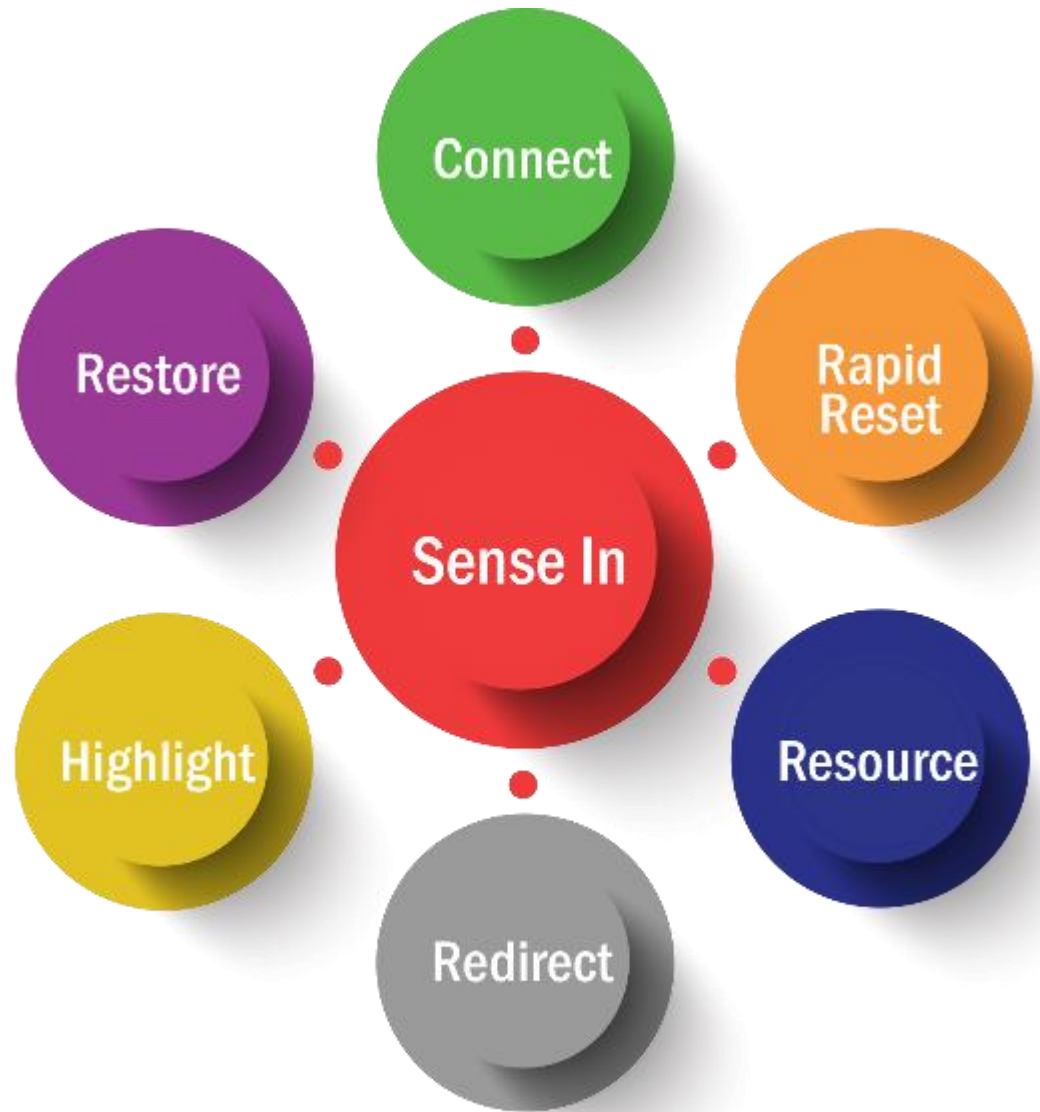
Move from feeling shame to feeling understood

## **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?

A high-angle photograph of a man with long, dark hair, smiling warmly while holding a small black dog. The man is wearing a grey zip-up jacket over a blue and white striped shirt. The dog is wearing a blue collar. They are lying on a patch of green grass. The right side of the image is partially obscured by a dark green semi-transparent box containing white text.

A Resource is  
something  
positive that  
helps you feel  
good, calm,  
strong, or even  
just okay.

*Levine & Frederick, 1997*



# RESOURCE

## Resiliency Tool

Resources can include:

- A current experience or memory of a:
  - Person
  - Place
  - Animal
  - Object
  - Activity
- Something about you that:
  - Makes you feel proud
  - Helps you get through hard times
  - Is a physical or personal strength

Resources are specific, personal, unique to you, and are not general

The quickest route back to your Resilient Zone:

- Sense In to positive or neutral sensations that are connected to your specific resource

**RESOURCE**

Resiliency Tool



**WHAT IS YOUR  
RESOURCE?**