

SKILLS TO PRACTICE RESILIENCY BUILDING



Grounding

Feel your feet on the ground.
Feel objects with your fingers.
How do they feel? Name
details of what you touch, see,
hear, smell and taste.

Exercising

Incorporate exercise into your
daily activities. Go for a walk
around the park. Try full body
stretches. Go for a run around
the block.

Tracking

Pay attention to sensations in
your body. Describe them and
notice when they change.

Resourcing

Create an imaginary safe place,
or think of a safe, calming place
you have been. Imagine you are
there. What do you see, smell,
feel, hear, or taste?

Quality Sleep

Have a full night of
sleep. Turn off the
lights, TV, and other
electronics.

Meditating

Allow time to yourself. Focus
on your body. How does it feel?
Mentally examine your body from
head to toe. Are there areas that
are tense? Concentrate on relaxing
the tense parts of your body.

Slowing

Purposefully slow down your
emotions. Work through
your emotions smaller
portions at a time.

Self-Holding Exercises

Place your hand on parts of
your body that feel tension or
discomfort. How does your
hand feel? How does that
area on your body feel?

Community

Socialize and participate in
your community. Human
connection builds resiliency

Healthy Eating

Eat three meals each
day. Try new recipes and
avoid fast food. Try
replacing soda with water.