

A resource is anything that helps you to feel safe and supported and helps to regulate your emotions or the state of your nervous system. Resources can be internal - not requiring any items or support outside of yourself - or external. Below is a list of some ideas to support you in this time.

Internal Resources: Many resources are self-sufficient and accessible at any time - all you need is your own body. Many of these can be done anywhere, and anytime.

Ground: Anxiety often moves energy up the body, away from the floor, making it difficult to feel safe and calm. Noticing and feeling the connection of our bodies to the earth can help us to connect to the present moment, find safety, and reduce tension.

Center: When we are not centered, our energy may feel like it is flying all over the place, disconnected from the core of our body, which may make us feel lost, anxious, or confused. Place both hands on the belly and breath, or, place one hand on the lower belly and one hand on the solar plexus. Invite your breath and energy to draw inwards to re-cultivate a sense of self in the center of your body.

Orient: Orienting helps us to connect to present-time and know where we are in time and space. Scan your surroundings and notice what is happening around you. Name five things you can see, four things you can feel, three things you can hear, two things you can smell, and one thing you can taste.

Breathe: Breath awareness can help us to tolerate discomfort and relieve stress and anxiety by restoring a sense of rhythm and safety in the body. Breathe through your nose and notice the air as it comes into your body and then goes out. Don't try to control your breath, just be aware of your body breathing without any effort on your part.

Shaking: This ancient practice can release tension by relaxing muscles and opening the joint spaces, and may increase energy. Literally shake/bounce, your body. You may want to begin small (hands or feet) and gradually make the movements bigger (arms or legs) until you begin to shake your entire body. Afterwards, you may feel warm and tingly.

Tapping / EFT: Tapping draws from Emotional Freedom Technique (EFT), is a relaxation technique based on the principles of acupuncture that can be effective for anxiety and stress relief. In this technique, you use your fingertips to lightly "tap" specific acupuncture points on your body. For your reference, we have included a body map of some typical tapping points but explore and find what works for you.

Meditate: Meditation is the practice of sitting and being with yourself. Instead of trying to “be perfect” at meditation, if your thoughts wander, notice them, possibly without judgement, and focus on your breath. This practice can be done anywhere - sitting on a floor or on a chair, standing, lying down with knees bent, or even walking with awareness. Can you find a way to simply be, without judgement for what happens in your mind or with your body, for some amount of time?

Other ideas: Rest. Move your body / Dance / Play. Prayer or ritual. Sing. Humming, or Brahmari Breath.

External Resources: Some resources require specific external environments or supplies. These resources are not available anytime and anywhere but can be an important part of your larger self-care plan, if accessible.

Friends / Family / Community: To the best of your ability, stay in communication with your regular community. If you normally speak with your family once per week, try to keep that habit. Stay in touch with friends and partners. Identify people in your community that have the capacity to hold space for you and keep in touch with them.

Connection to animals/pets: Playing with a pet raises serotonin and dopamine levels, which can calm and relax the nervous system. This can reduce stress, anxiety, and feelings of loneliness and social isolation.

Yoga Nidra: Yoga nidra is a guided meditation intended to take you to a state of meditative consciousness that is between awake and asleep – much like the moments before you fall asleep when your body may feel heavy and you are aware of your surroundings but not fixated on them. This practice can be deeply emotionally and physically healing.

Salt Wash: In the shower or bath, place a small amount of sea salt over your head and rub it into your hands and body. If this practice feels grounding, you can also use this practice by simply rubbing sea salt in your hands and along your arms throughout the day.

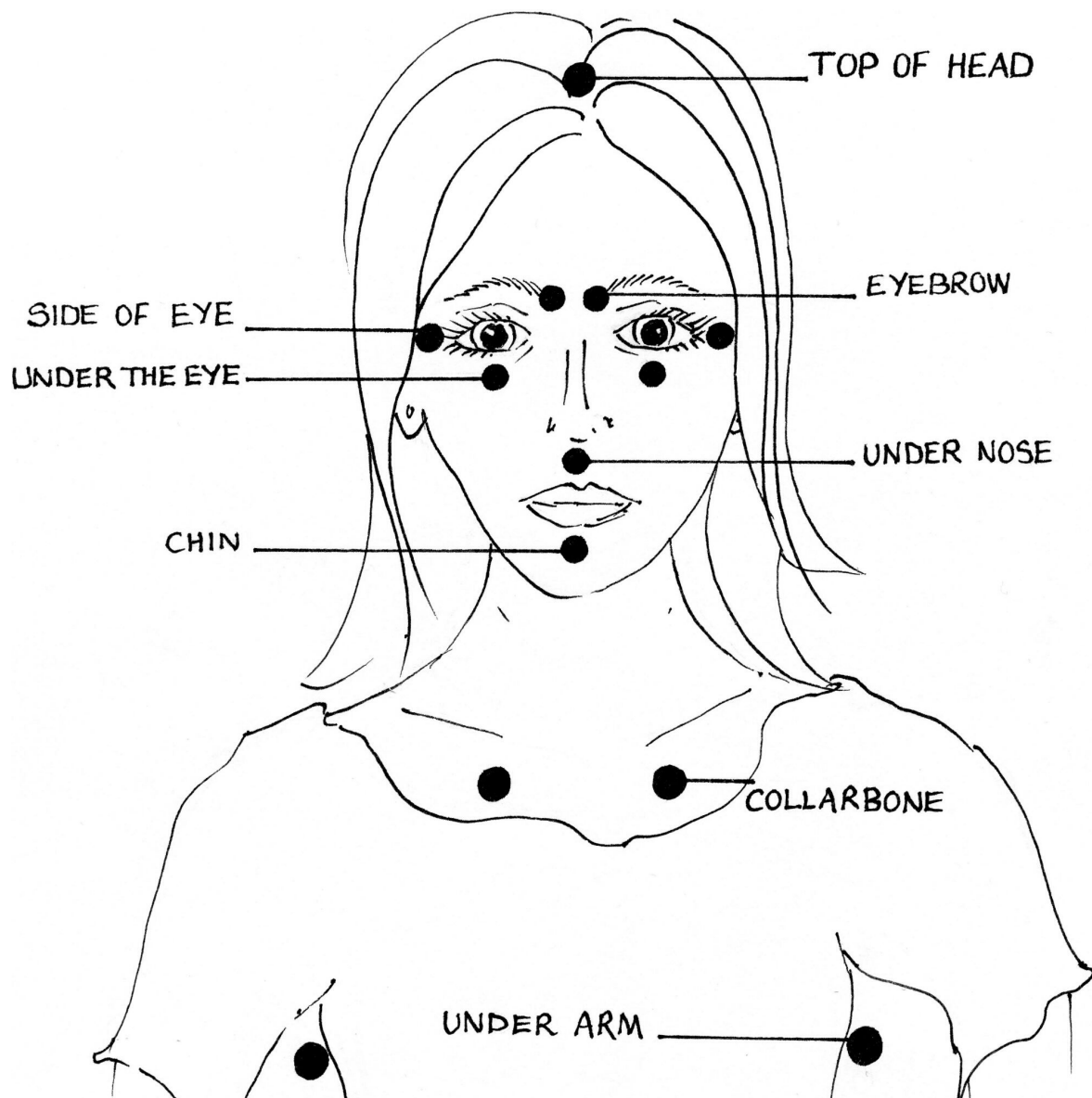
Time in nature / walk outside: Sit on the ground, hug a tree, lie in the sun, [following local regulations, and maintaining appropriate social boundaries and sanitation practices]

Other ideas: Journaling. Body work (massage, rolfing, etc.). Therapy. Reading

Video Resources: To support you, we have crafted a series of videos, ranging in length from 5 to 60 minutes so that you have access to wellbeing practices anywhere and anytime. Practices include:

Quick Grounding
Yoga Nidra
Meditation
Movement

EFT Map:



Map published by Marie Claire, "'Tapping' is the latest self-care trend that might just transform your life – but what exactly is it?," <https://www.marieclaire.co.uk/life/health-fitness/eft-emotional-freedom-techniques-581690#w4qsRivCGH6o7KeW.99>.