

Resourcing yourself

Most of us experience overwhelm from time to time. The more unresolved trauma we have the more difficult it can be to self soothe, and the more often we get triggered and feel either overwhelmed, freeze or go into fight or flight.

Being in overwhelm puts us in survival mode. This means that our ability to think clearly is completely or partly turned off. That's why I suggest you go through these practices when you're not overwhelmed so you create pathways in your brain that are easy to access when you do need it.

The list below are suggestions. Feel free to add any practices that you feel work for you. As you do them, I invite you to notice how your body reacts, how the sensations in your body change.

- Take slow deep breaths down into your belly, notice how this feels in your body.
- Look around you, slowly taking in what you see around you: walls, things, floor, ceiling, window, door. Noticing that you are here, right now, in the present moment.
- Look at your body, touch it firmly, feel the physical experience of it. Touch your hands, arms, legs. Maybe you want to hug yourself, holding yourself.
- Drink a glass of water and pay attention to how the water looks, how it feels in your mouth and any other sensations as you swallow it.
- Notice where in your body you feel safe, at peace, strong, support. Focus on this area and allow it to hold the rest of your body.
- Focus on a spiritual being and call them in to support you, hold you. Breathe with it.
- Sit on a chair or couch and feel the physical support it is giving you. Notice where on your body you feel it and how it feels.
- Visualize someone you trust being with you, offering you support in exactly the way you need it.
- Go for a walk.
- Connect to something in nature, a tree, a flower, an animal, a leaf. Observe this and notice what happens inside yourself.
- Take a hot shower or bath.
- Reach out to someone you know can give you support.

