



Resource Inventory

In the second half of your next session, we'll be taking some time to establish your resource inventory. This is a list of all the things that give you that sense of feeling okay, even if its just a little bit. You're welcome to print this out or copy the sections in your journal or notebook. If you find that you're not able to fill each section, that is okay! The goal is not to have a full page. The goal is to get clear on what resources best support you on your journey.

People

- 1.
- 2.
- 3.
- 4.
- 5.

Practices

- 1.
- 2.
- 3.
- 4.
- 5.





Resource Inventory

Places

- 1.
- 2.
- 3.
- 4.
- 5.

Joy

- 1.
- 2.
- 3.
- 4.
- 5.





Resource Inventory

Purpose (Your Why & Deeper Meaning)

1.

2.

3.

4.

5.





Somatic Tools & Practices

In your upcoming session, I will guide you through the following tools and practices. Once you have learned these practices, you are encouraged to begin integrating them into your day. Notice which ones work for you and even which ones don't! Add any tools or practices that resonated with you to your resource inventory.

1. "Grounding"

This is an effective and discrete practice you can do almost anytime, anywhere whenever you find yourself feeling anxious or scattered. Whether you are sitting or standing, press your feet firmly into the floor. Notice the activation and muscle engagement. Hold for 30 - 60 seconds, release the pressure, and take deep belly breaths. Imagine your feet making an imprint on the surface underneath you. Notice any changes that might happen side

2. "Heart Hold"

This is an effective practice for times when you find yourself emotionally overwhelmed. Take your right hand into your left armpit and make a cup with your hand to "hold" your heart. Wrap your left arm across the chest and grab the outside of your right arm with your left hand. Apply gentle pressure as you give yourself a hug. Notice what the pressure and take deep belly breaths. Hold for 30 - 60 seconds. Release the pressure, release the hold, and notice any changes that might happen inside.



Somatic Tools & Practices


3. 4-7-8 Breathing

This is an effective and simple breathwork technique you can use when you're feeling anxious or struggling to get to sleep.

Anytime your exhale is longer than you inhale, it will help to activate your parasympathetic system, or your rest and digest state, which you'll learn about in the next lesson. Breathe in through the nose for 4 counts. Hold your breath for 7 counts. Slowly exhale out of the nose for 8 counts. Repeat at least 8 times for maximum effectiveness.

4. "Finding Your Center"

This is an effective practice for times when you find yourself feeling anxious or scattered. Bring your palms to touch in the front of your chest. Press your palms together firmly and hold for 30-60 seconds. Release the pressure and allow a small amount of space to open in the center of the palms. Align this center with the midline or center line of the body, from the top of the head to the floor. Take some deep belly breaths. As you feel ready, release the hands. Notice any changes that might happen inside.





Somatic Tools & Practices

5. “Sensing”

Begin turning your head around, rotating your neck as you look around the space you find yourself in. Pick a color and begin to look around your space and find 3 - 5 things that match the color you’ve chosen. Then allow your awareness to shift wherever. Pick another color and repeat 2 -3 times. Next, pick a shape. Look around your space and find 3 - 5 things of that shape. Then allow your awareness to shift wherever. Repeat 2 - 3 times. Notice any changes that might happen inside.

