

Contemplate on your resources

Knowing our resources is important on the journey when healing from overwhelming experiences and trauma. Why so?

In moments of activation we want to turn towards resources to help the nervous system calm down.

There is no point in getting stuck in agitation if we can help it. Staying in the trigger loop only releases an addictive cocktail of hormones and retraumatizes.

So please take a moment and write down your resources.

What is it that helps you calm? What do you find beauty in? What do you enjoy? What brings a smile on your face?

Here some suggestions:

- listening to music
- walking in nature
- listening to birds sing
- company of friends ...

Now make your own map!

