

Skill #1: TRACKING

Tracking refers to helping a person notice sensations within the body. The person learns how to tell the difference between sensations that are pleasant or neutral and sensations that are unpleasant or even painful.

- At first, the person may only be aware of uncomfortable sensations.
- There can also be places in the body that are sensed as neutral or less uncomfortable.
- To bring balance in the body, it is necessary to **pay attention** to places of more comfort in the body.
- This will help the person put the brake on if the accelerator is stuck on high.
- **Paying attention** means the person is able to notice the sensations inside as they focus on those parts of the body that are more comfortable or neutral.
- This may include deeper breathing, slower heart rate and muscle relaxation.

Methods of Tracking:

Encourage paying attention to sensations:

- Notice breathing patterns (rapid, shallow, panting), heart rate (increase or decrease), muscular tension or relaxation, shifts in posture, notice change in temperature (heat or cooling), sweating, and notice movements in the body (eyes, head, neck, shoulders, hands)

Tuning into another person by observation and by asking for self-report of sensations.

- *What do you notice on the inside?*

Tuning into your inner climate-paying attention to what you are sensing.

- What do you notice on the inside? Do you feel sleepy, agitated, depressed or anxious?

Skill #2: RESOURCING AND RESOURCE INTENSIFICATION

- A resource can be anything that helps a person feel better.
- It can be something the person likes about him/herself, a positive memory, a person, place, animal, spiritual guide, or anything that provides comfort.
- The resource is simply brought to mind and then one's attention is directed to the sensations that are pleasant or neutral on the inside.

You can ask:

What gives you strength and/or joy in your life? Or what uplifts you or makes you feel calm or peaceful?

Describe a person, place, animal or spiritual belief that sustains or nurtures you?

Ask at least three questions to intensify the resource (Resource Intensification). This is important to fully experience the resource.

- Tell me more about your resource.
- What are some more details about your resource?
- What is the best part about this resource?

As you describe the resource, bring your attention to what is happening inside.

Where in your body do you feel the sensations that are pleasing to you about your resource? **Take** your time...

Notice what is happening inside as you think about the resource and notice the sensations that are pleasant to you or neutral.

Notice what is happening to your breath...heart rate...muscle tension.

Invite the person to bring awareness to the changes.

If you notice the person's breathing slowing down or other bodily changes, you can bring his/her attention to those changes. "I notice your breathing slowing down."

Do you notice any new feelings, thoughts or meanings or not? *(If there are, bring attention to the sensations).*

As we end, bring your attention to your whole body and notice all the changes that have occurred since we began. Stay with that for a few moments. Know that you can return to this resource anytime you are feeling stressed.

GROUNDING EXERCISE

Grounding is the direct contact of the body with the ground or with something that provides support to the body. You can ground by sitting in a chair, standing against a wall, walking and paying attention to how your feet make contact to the ground, lying down on the floor or on a bed. Some individuals ground by floating in the water.

When you are grounded, you are aware of your body the present moment. When you are in the present moment, you are not worried about the past or the future.

- Find a comfortable position, sitting, lying down or standing, take your time
- Notice how your back is making contact with the chair, sofa, floor, wall, bed, earth, etc....
- If sitting, bring attention to your seat making contact with the sofa, chair, etc... now notice your thigh....legs..... and then your feet are making contact with a solid surface. Notice your feet making contact with the ground
- Notice the sensations that are more pleasant to you or neutral within your body.....take your time.....notice your breathing, heart rate, muscle relaxation.....
- If you become aware of uncomfortable sensations, bring your attention to places that feel neutral or more comfortable
- As you bring your attention to neutral or comfortable sensations, notice your breathing, heart rate, muscle relaxation, etc.
- Spend some moments noticing sensations that pleasant and/or neutral.
- As we get ready to end, slowly scan your body and bring your attention to all sensations that are pleasant or neutral.

Grounding with Children:

While playing with playdough, sand play, listening to music or when moving, ask the child to notice to the sensations connected to the exercise. This can bring them to present moment awareness.

Skill # 4: GESTURING AND SPONTANEOUS MOVEMENT

A movement usually of the body or limbs that expresses or emphasizes an idea, sentiment, or attitude.

Types of movements/gestures that can be used for self-soothing for self-care:

- Self-calming: brings comfort and safety
- Release: represents the body releasing sensations of stress or trauma.
- Universal: represents wholeness, spiritual beliefs or deep personal meaning
- Joyful and Powerful: represents well-being
- Protective: movements of the hand, leg and whole body

Gesturing and spontaneous movement exercise:

- Take 3 seconds to think about a self-soothing gesture...count 1, 2, 3 and then make the gesture. As you do your gesture of self-soothing, notice what happens inside...
- Take 3 seconds to think about a gesture of confidence...count 1, 2, 3 and then make the gesture. As you do your gesture of confidence, notice what happens inside...
- Take 3 seconds to think about a gesture of joy...count 1, 2, 3 and then make the gesture. As you do your gesture of joy, notice what happens inside...

During times of stress, you can remember your self-soothing gesture. As you repeat your self-soothing gesture, pay attention to whether or not your nervous system bounces back to the resilient zone.

Skill #5: HELP NOW!

If you are stuck in the High and/or Low Zones the strategies below can help you get back to your Resilient Zone. Some will work better for you than others. Use the one(s) that fit the best for you. It can be beneficial to share this information with someone close to you who can assist you with the strategies if you need help.

1. Open and close your eyes.
2. Drink a glass of water, tea or juice
3. Look around the room or wherever you are, paying attention to anything that catches your attention
4. Name six colors you see in the room (or outside)
5. Count backwards from 20 as you walk around the room
6. If you're inside, notice the furniture, and touch the surface, noticing if it is hard, soft, rough, etc...
7. Notice the temperature in the room
8. Notice the sounds within the room and outside
9. Push your back against the wall or push your hands against the wall or door slowly and notice your muscles.
10. If you're outside or inside, walk and pay attention to the movement in your arms and legs and how your feet are making contact with the ground.

These strategies are options for you to use; there may be others you may want to add to the list.

USING CRM SKILLS AFTER A CRISIS

After a traumatic event, some survivors will want to speak about what happened and some will not. In CRM we guide the storyteller in a different way in order to avoid being bumped out of his/her Resilient Zone

Body-centered RESOURCES are developed by tracking changes while asking questions about the story that are related to survival

- Who helped you the most in the beginning?
- Can you remember the moment that helped arrived?
- Can you remember the moment that you knew you were going to survive?
- Who else made it through?
- What gives you the strength to get through this now? When you have
- experienced other difficult times in your life, what or who helped you get through?
- Who is helping you the most now?
- What is helping you get through now?

GROUNDING can be used when while tracking you notice the person being bumped out the Resilient Zone:

- As we are here together, it may be helpful if we both pay attention to how the chair, floor, ground is making contact with or body....

As the person brings attention to the present moment, he/she can access the Resilient Zone more readily.

After a resource question is interwoven into the interchange, you can ask the person, if she would like to continue with the story.