

**RESOURCING** means naming and using positive things in your life to connect to calming sensations inside and bring yourself back to your **Resilient Zone**. When in the Resilient Zone we feel whole in mind, body and spirit. We are better able to handle the ups and downs of daily living. When you get bumped out of your resiliency zone (*i.e. triggered by worries, anxiety, preoccupied with what others are thinking*) then you need to use your resourcing skills.

**External Resources** include positive experiences and can include the people, places, activities, skills, hobbies and animals we know and love.

**My External Resources are:** 1)  
2)  
3)

**Internal Resources** include experiences, values and beliefs that support or give meaning to life. Personal qualities that you like about yourself, like courage, strength, kindness, compassion and humor are internal resources.

**My Internal Resources are:** 1)  
2)  
3)

**When should I resource?** When you have worry or racing thoughts; in feared situations; scared or stressed, preoccupied by what other people are thinking of you, beating yourself up, negative self talk, and overwhelming emotions. When your heart rate increases, palms sweating, back aching and any other uncomfortable body sensations.

**My times I need to resource** 1)  
2)  
3)

**GROUNDING:** Grounding is a set of strategies to detach from emotional pain, (i.e. racing and thoughts, negative talk, worries, anger, sadness). Distraction works by focusing outward on the **external world**, rather than inward toward the self. You rate yourself before and after the grounding (on a scale of 1 – 10).

**WHY GROUNDING:** When you are overwhelmed with emotional pain, you need a way to detach so that you can gain control over your thoughts and feelings. Grounding “anchors” you to the present and to reality. Many people who stutter struggle with feeling too much (overwhelming emotions, memories, worries) or too little (numbing, avoiding). **In grounding, you attain a balance between the two: aware of reality and able to tolerate it.**

**GROUNDING** is also the relationship between a person and the earth. When we are grounded we have a sense of self in relationship and space. We are not worried about the past or the future. You can be focused in the present moment.

### Examples of Grounding:

- *Imagine putting your worry thoughts or painful emotions into a container, and then putting distance between yourself and the container (i.e. across a football field, over a mountain, etc.)*
- *Remind yourself that you are safe. Notice your breathing, and slow it down. Notice your self talk, and make it compassionate (not harsh). Notice where you don't have tension in your body.*
- *Physical Grounding: Wiggle your toes, dig your heels into the ground, carry an object in your pocket that you can touch, run cool water over your hands.*
- *Mental Grounding: describe your environment (i.e. the walls are white, there are five chairs, there is a clock on the wall), name the colors in a room, select a category (i.e. name TV shows, sports teams, musicians, etc.) count from one to 10.*
- *Soothing Grounding: Think of your favorites (i.e. colors, animals, food, TV shows, books), recall a favorite song (think of the lyrics and the beat), put your hands under a running faucet, describe a safe place or favorite memory to yourself.*

**My Favorite Grounding Skills are:** 1)

2)

3)

**I use grounding skills when:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_