

# THE COMMUNITY RESILIENCY MODEL (CRM)<sup>®</sup>



TRAUMA RESOURCE  
INSTITUTE

CRM is a set of biologically-based wellness skills aimed to re-set and stabilize the nervous system.

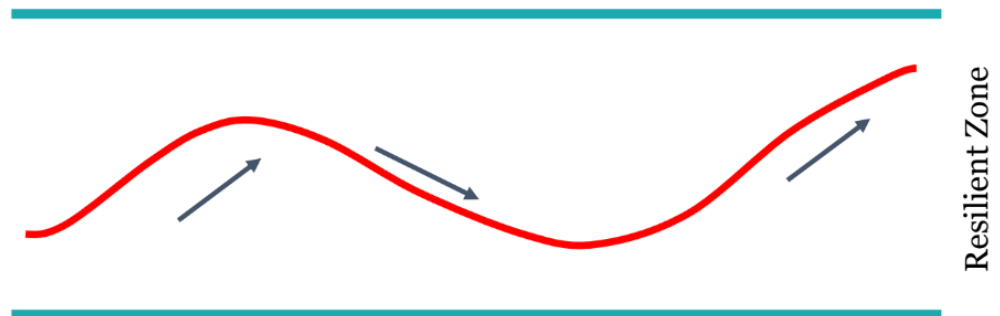


## HUMAN BEINGS HAVE COMMON, BIOLOGICAL REACTIONS TO STRESSFUL AND TRAUMATIC EVENTS

We can learn to read our nervous system and bring it back into balance through practicing the CRM skills.

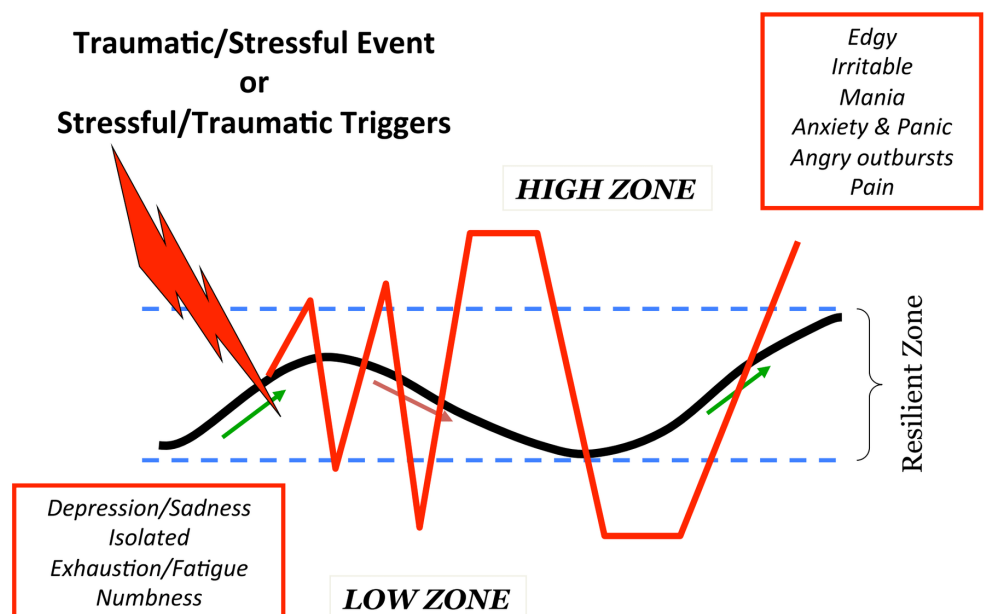
### Resilient Zone:

Your "Resilient Zone" is a state of wellbeing where you are able to handle the stresses of life.



### High & Low Zones:

Life experiences can bump you out of your Resilient Zone and you may get stuck in the High or Low Zone.



More information at [traumaresourceinstitute.com](http://traumaresourceinstitute.com)

# WELLNESS SKILLS

To practice daily and when you are bumped out of the Resilient Zone.



## TRACKING (reading the nervous system)

Tracking is paying attention to sensations in your body in the present moment.

- What do you notice happening inside?
- Are the sensations inside pleasant, neutral, or unpleasant?
- Bring your attention to the sensations that are pleasant or neutral.



## RESOURCING

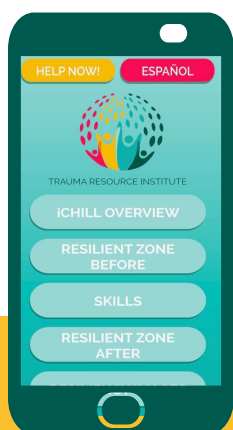
A Resource is any person, place, thing, or memory (real or imagined) that provides you comfort, joy, peace, or happiness.

- What or who uplifts you?
- What or who gives you strength?
- What or who gets you through hard times?



## GROUNDING

- Grounding is the contact of the body or part of the body with something that provides support in the present moment.
- You can ground by sitting in a chair, standing against a wall, laying down, walking, or floating in water.



## iCHILL APP

- Download the iChill App to practice these skills and learn more skills. It's free and available in English and Spanish on iOS, Android, or at [ichillapp.com](http://ichillapp.com).

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# HELP NOW! SKILLS

If you feel too much stress inside, you can try the following to help return to your Resilient Zone. Some will work better for you than others. So use the one(s) that fit the best for you.



**01** Drink a glass of water or juice.

**02** If you are outside, touch the surface of something in nature.



**03** Look around the space where you are, paying attention to anything that catches your eye.

**04** Name six colors you see in the space you are in.



**05** If you're inside, notice the furniture and touch the surface.

**06** Count backward from 20 as you walk around the room.

**07** Notice the temperature of the space. Is it cold, warm, hot, just right?



**08** Notice the sounds within the space - inside or outside.

**09** Walk and pay attention to the movement in your arms and legs and how your feet are making contact with the ground.

**10** Push your hands against the wall or door slowly and notice your muscles pushing. Or push your back against a surface and notice your back and legs making contact with the surface.

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