



Kelly Counselling

Compassionate Psychotherapy

RESOURCING

Our internal resources are the skills, practices and abilities that support you to:

- Ground and centre yourself
- Be aware of your needs
- Take good, consistent care of yourself
- Know when you are triggered into an old imprint.
- Be able to 'self soothe' and return your nervous system to neutral when triggered.

In psychological circles self-soothing is sometimes also referred to as self-regulation. A regulated nervous system means that you feel calm, relaxed and in neutral. Ideally, everyone would have the ability to maintain a regulated nervous system and be able to return to equilibrium fairly quickly after a disturbance, upset, or trigger into an imprint from the past. Your nervous system can give you good information about your levels of discomfort and dysregulation.

Internal resources can come in many different forms and are different for each and every person. They can include, physical movement/activity, affirmations, distractions, connections etc. I would encourage you to notice what your resources might be, and which resources might be useful in different situations.

For instance, when you are overwhelmed, heightened or agitated, do you need quiet, warmth, fresh air, sleep, a heavy blanket, a bath, certain smells or food to calm your system and ground yourself to refocus. Or on the other hand, when you are shutting down, feeling low or zoning out, do you need a stimulus such as music, something visual, is it better to read something or close your eyes, to focus on your breathing, to physically move or rest, to be near people or to withdraw?

Only you will know what is most helpful and you only need a handful of resources. To be honest you are quite possibly using resources without even realising it. But by bringing them into consciousness, we can use them more frequently and you can use them sooner to help alleviate triggers before you feel overwhelmed.

My Resources, Internal and External

Psychological:

Internal may include: Feeling safe, strong sense of self, sense of being ok, Positive Affirmations etc

External may include: Having a therapist, Using groups and Workshops etc

1	
2	
3	
4	

Spiritual:

Internal may include: Ability to connect to something outside of self, Deep connection with own self, Sense of Purpose etc

External may include: Meditation, being involved with a faith community, group/family prayer etc

1	
2	
3	
4	

Relational:

Internal may include: Knowing I am worthy of love, knowing others can be helpful and supportive, Ability to set boundaries, Staying in contact with others without losing own sense of self etc

External may include: Friends, A primary relationship, being part of a group, children, family etc

1	
2	
3	
4	

Somatic:

Internal may include: Good Health, Being able to tune into the body, being comfortable in your body, Self-Soothing Movements/Actions etc

External may include: Exercise, Gyms, Fitness classes, Yoga, Massage, Acupuncture etc

1	
2	
3	
4	

Creative:

Internal may include: Playing Music, Dance, Poetry, Writing/Journaling etc

External may include: Sharing creative classes or passions with others, Teaching etc

1	
2	
3	
4	