



THE COMMUNITY RESILIENCY MODEL (CRM)®

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

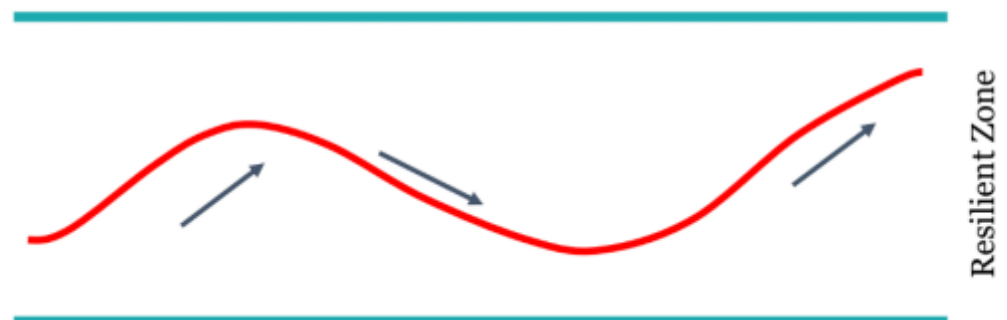


HUMAN BEINGS HAVE COMMON, BIOLOGICAL REACTIONS TO STRESSFUL AND TRAUMATIC EVENTS

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

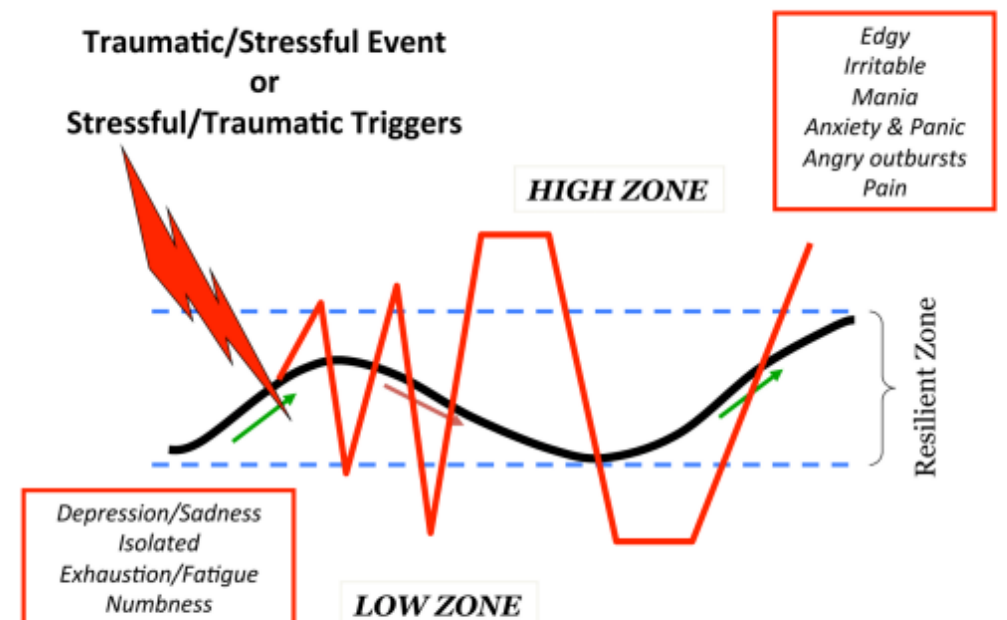
Resilient Zone:

Your "Resilient Zone" is a state of well-being 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.



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.

MORE INFORMATION AT TRAUMARESOURCEINSTITUTE.COM

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 work best for you.



- Drink a glass of water.
- Count backward from 20 as you walk around the room.
- Name six colors you see.
- Pay attention to anything that catches your eye.
- Notice the temperature of the space you are in.
- Touch the surface of something in nature.
- If you're inside, notice the furniture and touch the surface.
- Notice the sounds within the space.
- Push your hands or back against a wall.
- Walk around and pay attention to the movement in your arms and legs and your feet making contact with the ground.

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