Resourcing

What is a resource for you? Define resource: whatever feels safe, nourishing and ok, its neutral, stable, simple, on a physiological level gives you a sense of breathing? (Give examples, nature, music, a blanket, a smell, a pillow, a person's company) These resources help us to consciously orient towards cues of safety. We give our system the possibility to come back to down regulation and connection. We do this for the purpose of health, growth, and restoration. When we are regulated we can make choices in a creative and productive way. Resourcing when you are digging deep into yourself is one of the best ways to anchor yourself so that you can weather the storm of your becoming.

4 Kinds of Resources:

1. ***External/Tangible:*** Nature, floor beneath us, anything external of you (pillow, art, music)
2. ***Internal/Tangible:*** Bones, breath, feet touching floor, gravity
3. ***Internal/Intangible***: your energetic heart, your adult self, your wife self, your kindness
4. ***External/Intangible:*** ancestors, guides, animals, spirit, energy, loved ones that have transcended

These resources offer us a true refugee and you can mix and match how you use these: (call in spirit while grounding and taking deep breaths)

Benefits of Learning How to Resource yourself:

*Allow at least 2-3 mins of being with the resource. This will help to create capacity for everyone.

*Resourcing allows us to come back to the situation differently-and if it gets intense go back to the resource!

*Your physiology will regulate itself in the presence of connection to the resource

*Gifting you the presence necessary to be able to move forward given the chaos or situation you are experiencing in the best way possible

*Allowing you to be in the mist of chaos and observe something not so chaotic/crazy

*As guardians we must be able to do this so that our children can mirror us