

PEACE

Resource Protocol

5 Steps to Modulate Activation & Build Resilience

P Pause what you are doing to briefly identify bodily signals of unrest.

Maybe you feel muscle tension, weakness, shakiness, numbness, shallow, rapid breathing, fast heart rate.

E Embody a somatic resource that feels supportive in your body in this moment.

Try combining them (e.g., Breathe & Lengthen spine; Make a Stop gesture & Ground).

A Acknowledge the positive effects of the resource.

Maybe you sense more relaxation, settled energy, slower heart rate, deeper breath, softer eyes, less numbness, or more energy and alertness.

C Concentrate your attention on the positive effects of the resource for 15 seconds or more.

Focusing attention on internal signals of ease fortifies a resourced state & helps rewire your brain.

E Engage with your environment.

Look around, notice pleasant sights, sounds, & smells, feel the air on your skin, connect with a person or a pet, drink water, taste something you enjoy.

Somatic Resources:

- **Orient**, look around, name colors you see
- **Lengthen** your spine
- **Ground**, sense your feet connect with the earth
- **Breathe** slowly & lightly through your nostrils, into your belly
- **Place hands** on heart or belly, or hug yourself
- **Smile** in a way that feels right to you
- **Make a "Stop" gesture** with palms open, facing outward
- **Stand up**, feel your feet push against the floor
- **Push palms** of hands against each other, the wall, or an object
- **Hum** with a low pitch and sense the vibration
- **Move** rhythmically: rock, sway, bounce, swing
- **Walk** slowly, sensing your legs moving
- **Embody your culture**, its traditions, and/or the support of your ancestors

