

**THE BASIC SKILLS-The Community Resiliency Model®  
Wellness Skills of the Trauma Resiliency Model**

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Natural disasters like the current fires and human inflicted disasters like the shooting in Thousand Oaks can and does disrupt the fabric of our lives. People can have a wide variety of reactions. We can help our community and ourselves by remembering how we get through tough times. People may or may not want to talk about what happened to them. It is OK not to want to talk. Give people the space they may need if and when they want to talk. It is important to know it takes a lot of energy to recount a story. We have found it can be very helpful to survivors to interweave resiliency questions into the conversation to remind the person what else is true about their story. Asking questions about coping and surviving can be important to help people get through.

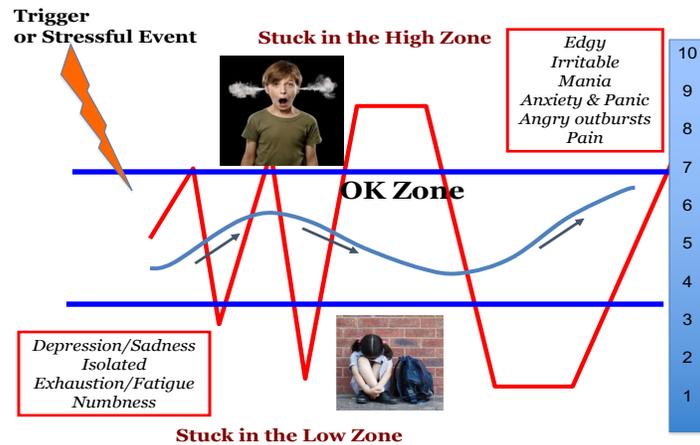
The questions, **“Do you remember when help arrived?”** or **“Do you remember the moment you knew you had survived? or Do you remember the moment that your friend/family member survived?”** can be powerful questions that can bring about feelings of hope, gratitude and relief.

The question, **“When you have had hard times in the past, what or who helped you get through?”** can remind us of past experiences when life was tough and what helped the person get through. This question can bring people to the awareness that they can get through tough times. If they have been through other difficult times, asking “What helped you the most during that time?” can be a way of remembering a person’s strength and courage.

The question, **“Who or what is helping you the most now?”** can remind us of personal resources that help us in the here and now.

Some key ideas about CRM:

We all have an “OK Zone” or resilient zone. There is uncertainty right now and any one of us right now can get knocked out of our resilient zone into the high or low zone. Our sense of safety and security may not be the same. It can be hard to go even to our favorite restaurant. We may be anxious all the time and irritable or disconnected, exhausted and sad. Being knocked into the high or low zones is very common. There are ways to get back to your resilient zone so you can cope with the present and future uncertainty by learning some simple skills.



### **Tracking and Resourcing** **Paying attention to sensations of well being** **while thinking about a personal resource.**

Step 1: Can you bring to mind something or someone that helps you get through tough times or something that bring you peace or hope. For a few seconds think about all the reasons why this has helped you.

Step 2: As you think about this resource, be aware of changes inside that are pleasant or neutral.

### **Grounding** **Paying attention to your body in the present moment.**

Step 1: Find a comfortable position sitting, standing against a wall or laying on a sofa or floor.

Step 2: Bring attention to how your body is supported by the chair, wall or sofa/floor.

Step 3: Bring attention to all places inside that feel more pleasant or neutral. Bring attention to even small places inside your body that feel better. Stay with what feels better on the inside.

For some people it is helpful to ground through their hands by simply placing their hand on a surface and noticing the texture and temperature. This simple strategy can remind us to be in the present moment.

**Sometimes people can't or do not want to talk. When all of our choice has been taken away, it is important not to push talking. A better way is to offer choices that may help the person. So inviting people to bring their awareness to the present moment by the following strategies can be helpful. This can be accomplished in a conversational way.**

### **Help Now!**

- 1. Would it be helpful to go for a walk together?**
- 2. Sometimes it helps to get the energy of anxiousness out by pushing against the wall with our hands or pushing our back against the wall. Do you want to do it with me?**
- 3. Can I get you a drink of water?**
- 4. Sometimes it can help to look around the room, and see what catches your attention? Is there a color you like for example?**
- 5. When I am not feeling like my best self, I have found it helpful to remember a time in my life that was better than this moment.**
- 6. If I am really anxious, sometimes it helps me to count down from 20, would you like to try it with me?**
- 7. I found this app called iChill and I listen to it when I am down or too anxious. You might want to think about using it when you are stressed or down.**