COMMUNITY RESILIENCY MODEL WORKBOOK
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Adapted from the Trauma Resiliency Model Workbook
Written by
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Community Resiliency Model

Community Resiliency Model (CRM)

“If I would have been introduced to CRM 40 years ago, my life would have been very different.”
(Vietnam veteran)

CRM teaches skills that people can use to help themselves and their communities.

This workbook was inspired by the men, women and children TRI has encountered throughout the world who have taught us fundamentals about the human condition. CRM teaches that:

- Human beings respond to stressful and traumatic experiences in similar ways.
- Human beings are resilient – they are able to bounce back to their best selves after difficult life experiences.
- There is a biological reaction common to most of humanity after traumatic experiences when there is life lost and/or life threat. A person is having a common experience to an extraordinary life experience. It is about biology not human weakness.
- Current scientific research shows that the brain can be changed.
- The more you use the skills in this workbook, the better you will start to feel.
- The symptoms connected to the traumatic or stressful event can be like a magnetic pull, but just as the body is hard-wired to survive, it is also hard-wired to recover and heal.

Once a person learns the CRM skills they can also be passed on to family, friends and the wider community. We believe in creating resiliency informed communities.

CRM training is offered through the Trauma Resource Institute, a nonprofit organization committed to bringing wellness skills based on cutting edge neuroscience to our world community, one person at a time, one community at a time. This workbook is not meant to take the place of counseling with a mental health professional. TRI acknowledges Mary Zinkin for her editorial comments.

Go to www.traumaresourceinstitute.com for more information.

The Community Resiliency Model skills come from the Trauma Resiliency Model created by Elaine Miller-Karas, LCSW and Laurie Leitch, PhD. This workbook cannot be duplicated without permission from the Trauma Resource Institute.
The feelings and symptoms you are experiencing may be about your body and mind trying to adjust to difficult and/or stressful life experiences.

As you learn how to work with your mind and body to restore balance, it is important to remember that there is hope.

This workbook will help you understand your reactions and help you learn a set of wellness skills that can help you feel more like yourself again.

We will start by learning about the key concepts of the Community Resiliency Model. The Community Resiliency Model is a biological intervention that has the following goals:

1. To help you learn to stabilize your nervous system so that you can be in your Resilient Zone more often for longer periods of time.

2. To help you feel more whole in mind, body and spirit.

The following questions are common:

Why don’t I feel like myself?

Why do those pictures keep popping into my mind?

Why can’t I sleep?

Why am I having stomach problems?

Why is my heart racing all the time?

Why do I feel like something bad is always going to happen?

Why do I feel numb and depressed?

Why do I feel so disconnected from everyone?
Community Resiliency Model

The graphic below shows the Resilient Zone. Every person has a Resilient Zone. When you are in your Resilient Zone, you can think clearly, handle feelings better and manage the sensations inside the body.

When you are in your Resilient Zone there is a natural rhythm or flow within your nervous system; just like there is in nature like the seasons, the rising and setting of the sun, the cycles of the moon and the ocean.

The Resilient Zone

When we are in our “Resilient Zone,” we have the best capacity for flexibility and adaptability in mind, body and spirit.

CRM skills deepen the Resilient Zone

Resilient Zone

When traumatic and/or stressful events occur, the natural rhythm within the nervous system may be thrown out of balance. The Resilient Zone may get bumped out of its natural rhythm and the capacity to handle even daily life events may be difficult. Normal life stressors that once were shrugged off may cause a reaction of irritability or more serious symptoms.

One of the goals of CRM is to help you bounce back into your Resilient Zone so that you can feel like your “best self” more often.
The graphic shown above demonstrates the natural rhythm of the nervous system (the black line) and then the red thunderbolt represents a trigger or a traumatic/stressful event that causes the nervous system to get bumped out of the Resilient Zone (the red line).

Bumped out of the Resilient Zone: It is human nature to be bumped out of the Resilient Zone. For some of us because of stressful or traumatic experiences, we may feel bumped out most or all the time. When bumped out of the Resilient Zone, a person may feel always on edge (“stuck on high”) and/or depressed and tired (“stuck on low”), or go between the two, sometimes “stuck on high” and sometimes “stuck on low”. People describe it like being on a roller coaster. When we go back and forth between “stuck on high” or “stuck on low” we may begin to have problems with our family, our work and our community.

Triggers can be almost anything that reminds a person of a traumatic of stressful event (a smell, sight, sound, touch, body position). The trigger can be outside of awareness. Our nervous system is designed to sound an alert if we are in potential danger. The alerts go off based on past experience. The triggers are different for each person. For example, for some people who have been sexually abused, a certain smell, sound our body position could be external triggers that could bump you out of your Resilient Zone.
The Brake and the Accelerator of your Nervous System:

The way we learn about bouncing back into our Resilient Zone is by tracking the sensations connected to the brake (parasympathetic) and accelerator (sympathetic). The graphic above shows how the brake and accelerator are connected to the organs of the body. When we get amped up because of a traumatic or stressful event or a trigger, our heart rate and breathing rate increases. Our body is preparing for action and the blood flow is being directed to our legs and our arms to take flight or to fight. When the threat is over and the trigger subsides, our nervous system comes back into balance by putting on the brake automatically. Our breathing and heart rate slow down and we return to a balanced state.

For some people, it may be difficult to come back into balance. It may feel like your foot is always on the accelerator. The nervous system can only stay amped up for so long before it ramps down too much and the person is stuck on low. Some people describe it as the nervous system gets “hijacked.” Learning to tell the difference between the accelerator and the brake is very important for bringing balance back to your body and mind. Although these states happen automatically, through practice of the CRM skills you can interrupt the hijacking of your nervous system and come back into balance.

The graphic above can also help you understand why some people who are amped up all the time may have problems with their digestion for example. The mind and body are connected.
The nervous system regulates the activities of the body and mind. The brain is part of the nervous system. There are many complicated ways to describe the brain’s functions. As a way to make this information easier to understand, it can be helpful to think about the brain as having three parts:

1. the **Cortex**, the “thinking” brain
2. the **Limbic area**, the “emotional” brain
3. the **Survival brain**, the “automatic” brain

**The Thinking Brain** is in charge of thinking, organizing behavior, making choices of what is right and wrong. It is the part of the brain that takes in information from the body’s senses and decides on actions. It is also is the center for consciousness, intelligence and personality.

**The Limbic Area** has a critical part of the brain called the amygdala. This part automatically evaluates what is safe and what is not. It is hard-wired to remember anything that has threatened us so as to sound an alarm if it perceives danger. After stressful and/or traumatic events this appraisal system can become too active and it can sound an alarm even if there is no danger. This can cause the accelerator of the nervous system to get “stuck on high.” It can have a hard time telling the difference between what poses a danger and what is safe. For example, if someone was robbed or assaulted, hearing footsteps behind them may trigger fear. Their heart begins to race and they may have an impulse to run.

**The Survival Brain** goes into action when you perceive danger. This happens automatically without thinking. The survival brain goes into action to save your life. It triggers our heart rate to go up and our breathing to go faster and tells chemicals to flood our brain to give us the energy to fight or run. When faced with danger that is perceived as life threatening, the human body goes into instinctual defensive responses. The graphic of a person seeing a snake with his eyes triggers parts of his brain to react quickly.
The Defensive Responses: The defensive responses can be triggered as a result of traumatic events that have occurred in childhood or adulthood. So, if the alarm is sounded, the automatic, instinctual responses may be triggered to fight or flee even though there is no real danger. For example, an Iraq veteran went to the gas station upon his return. When he pumped the gas and smelled the gasoline, the accelerator was automatically pushed, his heart was racing, he felt fear, and he immediately went into “High” and wanted to flee. At first it made no sense to him, but then he realized the smell of gas triggered a memory when some of his buddies had been hurt in Iraq.

The Freeze Response: When it seems like we can't fight or run away, the accelerator of our nervous system is on at the same time as the brake. You may not be able to move and everything seems like it is in slow motion. This is an automatic response beyond our control. When people are in a “freeze”, they may look calm on the outside but on the inside they are in a high level of stress. This is also known as the “1000 yard stare”. The photo below shows a young girl who appears to be in a freeze.

Hijacking of the Nervous System: When there is no real threat and our body and mind react as if there is, we call this a hijacking of the Nervous System. The skills can help you intercept the hijacking. This is done by paying attention to sensations connected to being “stuck on high” or “stuck on low” and most importantly by shifting the awareness to sensations of resiliency.
MEMORY AND TRAUMATIC EVENTS

Emotionally charged memories are stored differently in the brain. Robert Scaer (2007) refers to how they are stored as a “Capsule of Memory.” Ingredients within the capsule include the sounds, smells, pictures, body sensations and emotions that a person experienced at the time of the emotionally charged event.

The “Capsule of Memory” can be triggered by external or internal cues. Examples of external cues are: a color of someone’s shirt, the smell of a perfume or smoke, sounds of a siren, images from a movie or on television, or even a vibration. Internal cues can include rapid heart rate, tightness in the stomach, nausea, and muscle tension.

This kind of memory has no time and space and that is why when a memory capsule is triggered, it feels like the event that may have happened 5, 10, 20 or more years ago, is happening in the present moment.

For some people, there can be many triggers and this can lead to being “stuck on high” or “stuck on low” much of the time.

Learning how to tell the difference between sensations of distress and sensations of calm and comfort can help you intervene on the hijacking of your nervous system. Your nervous system can then bounce back into the Resilient Zone. The triggers can be reduced or extinguished so you can better tell the difference between actual danger and ones that do not pose a threat.

```
<table>
<thead>
<tr>
<th>External Trigger</th>
<th>Internal Trigger</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sounds</td>
<td>Internal body sensation</td>
</tr>
<tr>
<td>Smells</td>
<td>-tightness in stomach</td>
</tr>
<tr>
<td>Visuals (people, places &amp; things)</td>
<td>-muscle tension</td>
</tr>
<tr>
<td></td>
<td>-headache</td>
</tr>
</tbody>
</table>

Capsule of Trauma

Pain, numbness, dizziness
  trembling, paralysis
  nausea, palpitations/
  anxiety, terror, shame, anger, rage
  flashbacks, nightmares or
  intrusive thoughts
```

PREDATOR, PREY AND WITNESS

Violence can be ever present in many of our communities through the United States. Many of our law enforcement and fire department personnel, emergency responders, active duty service members, veterans and those individuals exposed to violence on a regular basis may experience the world as always being dangerous. They have witnessed the aftermath of violent events, whether by domestic violence, child abuse, drive-by shootings or combat trauma. When individuals perceive that they are in a constant state of danger, our reactions may take the form (to borrow from the animal kingdom) of predator, prey and/or witness.

- **Predator** is the experience a person can be in when he/she is actively engaged in finding and fighting a threat. In this role, the human nervous system is in a constant state of alert and he/she is on the ready to “fight.”

- **Prey** is the experience a person can be in when he/she feels they are under attack. An individual can begin to feel there is no safety and someone may be always out to get them. A person can feel like prey as a result of violence in their community and/or within their home. The human nervous system may be in a constant state of hypervigilance, feeling amped up all the time and/or go into a state of depression and disconnection.

- **Witness** is the experience of being present during events where you see violence. Witnessing can involve seeing horrific images of individuals being maimed or killed or seeing injuries to children or adults due to family violence. Witnessing can cause the nervous system to go into a state, called the freeze response where time slows down, and in the aftermath a person can feel numb and disconnected. Witnessing can also cause a person to be always ready to fight or flee and result in being hypervigilant to any sensory trigger like sounds, movements, and smells.

Symptoms of distress may be greater if one has experienced all three of the roles of predator, prey and witness at the same time. One’s mind and body may not be able to be at rest because the world is experienced as unsafe. When random acts of violence occur at any time and if it is difficult to tell who the enemy is, a perfect storm can happen on the inside. The perfect storm is experienced as a constant state of distress, with the nervous system always “stuck on high,” “stuck on low” or going between the two.

The wellness skills can help one learn how to intercept the hijacking of the nervous system and return to the Resilient Zone. When one learns how to be in the Resilient Zone, it is easier to respond to a real threat. In other words, one can begin to distinguish the differences between the response needed to react to a match and to a forest fire. Individuals learn to be less reactive to nont-threatening situations.
The Community Resiliency Model includes the six skills that come from the Trauma Resiliency Model. The next pages will give a description of each of the six skills that have helped many individuals who have experienced traumatic events. Most skills are followed by exercises to help you begin practicing the skills. Like learning any new skills, the more you practice, the better the skills will help you reset your nervous system and bounce you back into your Resilient Zone.

When people have learned the Community Resiliency Model Skills they begin to learn about the biology behind their behaviors and symptoms and they no longer perceive their symptoms as personal weakness.

Individuals trained in CRM skills are now able to tell the difference between sensations of distress and sensations of comfort and calm. You too will begin to start to bring your awareness to sensations connected to resilience and intercept the hijacking of the nervous system.

It is important that the wellness skills be anchored within your body. If you are working with a TRM trained practitioner, he/she will help you learn the skills. You can also reinforce learning the skills by downloading the iChill App that contains the wellness skills. It is available for free on your iPhone, Droid, PC and MAC.

If you would like information about how to find a Trauma Resiliency Model trained practitioner, go to www.traumaresourceinstitute.com or call the Trauma Resource Institute at 909-626-4070
“THE COMMUNITY RESILIENCY MODEL”

1. TRACKING

2. RESOURCING & RESOURCE INTENSIFICATION

3. GROUNDING

4. GESTURES & SPONTANEOUS MOVEMENTS

5. AMP DOWN/RAMP UP - HELP NOW!

6. SHIFT AND STAY
1. TRACKING

Tracking means noticing sensations inside your body. Tracking is used with all the skills of the Community Resiliency Model. One of the goals of tracking is to learn how to tell the difference between sensations that are pleasant or neutral and ones that are unpleasant. When you practice this, it is easier to bounce back into your Resilient Zone. The more you pay attention to neutral and/or pleasant sensations the more you strengthen your Resilient Zone. Get to know your internal climate by tracking.

Bring your attention to sensations that are pleasant or neutral. Pleasant sensations can include slower heart rate, slower, deeper breathing, and relaxed muscles.

Tracking sensations, even ones that are comfortable, can be difficult at first.

As you get more experience in tracking, noticing internal sensations that are neutral or comfortable will get easier and easier.
Learning to Describe Sensations

Sensations tell us what is happening within the nervous system. As you are learning the skill of tracking, the chart below can help you describe what you notice inside. Learning to bring awareness to sensations is a key part of learning the skills of CRM.

**SENSATION WORDS**

<table>
<thead>
<tr>
<th>Sensation</th>
<th>Twitch</th>
<th>Dull</th>
<th>Sharp</th>
<th>Achy</th>
<th>Jagged</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frozen</td>
<td>Frozen</td>
<td>Airy</td>
<td>Thick</td>
<td>Trembling</td>
<td>Shivery</td>
</tr>
<tr>
<td>Smooth</td>
<td>Smooth</td>
<td>Chills</td>
<td>Vibrating</td>
<td>Itchy</td>
<td>Pulsating</td>
</tr>
<tr>
<td>Solid</td>
<td>Solid</td>
<td>Numb</td>
<td>Empty</td>
<td>Blocked</td>
<td>Moving</td>
</tr>
<tr>
<td>Congested</td>
<td>Congested</td>
<td>Expanding</td>
<td>Tight</td>
<td>Puffy</td>
<td>Bubbly</td>
</tr>
<tr>
<td>Tingling</td>
<td>Tingling</td>
<td>Shaky</td>
<td>Paralyzed</td>
<td>Sweaty</td>
<td>Hard</td>
</tr>
</tbody>
</table>

**Sensations associated with Trauma/Stress, Resiliency and Release**

<table>
<thead>
<tr>
<th>Trauma/Stress</th>
<th>Resiliency</th>
<th>Release</th>
</tr>
</thead>
<tbody>
<tr>
<td>Constricted</td>
<td>Deeper Breath</td>
<td>Shaking</td>
</tr>
<tr>
<td>Breath</td>
<td>Regular</td>
<td>Trembling</td>
</tr>
<tr>
<td>Rapid</td>
<td>Relaxed</td>
<td>Burping</td>
</tr>
<tr>
<td>Heartbeat</td>
<td>Muscle</td>
<td>Yawning</td>
</tr>
<tr>
<td>Tense Muscles</td>
<td>Grounded</td>
<td>Heat</td>
</tr>
<tr>
<td>Pain</td>
<td>Calmness</td>
<td>Warmth</td>
</tr>
<tr>
<td>Numbness</td>
<td>Vibration</td>
<td>Tingling</td>
</tr>
</tbody>
</table>
Nervous System Release

As you Track your Nervous System, you will notice your Resilient Zone more often. As your body comes into balance by using the skills, you may notice what is called **Nervous System Release**.

**Nervous System Release** is a biological process that happens automatically when your body releases and comes back into balance. This can cause sensations that can be unsettling until you understand their purpose.

If you notice any of the sensations of **Release**, just let them happen. Release sensations are a way that your Nervous System rebalances itself even though the sensations may feel unpleasant or unfamiliar.

### Sensations of Release
- heat or warmth or cooling down
- tingling in hands, arms and/or legs
- shaking or trembling within in your body
- deeper breathing
- crying
- laughing
- burping and stomach gurgling
- itching
- yawning
- hand movements

If the Release sensations are too strong, you can consciously stop them. You can bring down the intensity by noticing the URGE to release without allowing the energy to release all at once.
2. RESOURCING

Resourcing means using positive things in your life to bring balance back to the Nervous System.

Tracking resource sensations is the way you can help your nervous system come back into balance. The first step is being able to name your resources. The second step is tracking the sensations that happen inside when you think about a resource.

There are two types of resources:

♦ External Resources

♦ Internal Resources

_External Resources_ include positive experiences and can include people, places, spiritual guides, activities, skills, hobbies and animals.

_Internal Resources_ include experiences, values and beliefs that support and give meaning to life. Personal qualities that you like about yourself, such as, kindness, compassion and humor are also internal resources.

Resourcing helps you deepen your Resilient Zone.

As you begin tracking sensations connected to your Resources, you can also start becoming more aware of when you are in your Resilient Zone. How often were you in your Resilient Zone today?

<table>
<thead>
<tr>
<th>Never</th>
<th>Occasionally</th>
<th>Sometimes</th>
<th>Frequently</th>
<th>All the Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
**Exercise 1: External Resources** include positive experiences, people, places, activities, skills, hobbies, spiritual guides and animals.

In the space below write down your external resources:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

**Exercise 2: Internal Resources** include experiences, values and beliefs that support and give meaning to life. Personal qualities that you like about yourself such as strength, kindness, compassion and humor are also internal resources.

In the space below write down your internal resources:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
RESOURCE INTENSIFICATION

Resource Intensification means giving more detail to your identified resource. More detail helps strengthen the image of the resource.

Give more detail to your Resource. Give at least 3-4 details about your resource.

1. If the external resource is a place in nature.
   a. Where is this place?
   b. What are the colors, smells, sounds of this place?
   c. What do you like to do at this place?

2. As you give more details, notice what happens inside. Follow the sensations that are comforting or relaxing.

Exercise 3.

In the space below write down one of your resources from the previous page. Give three details about the resource you have chosen. Read your resource and the three details to yourself or out loud and then notice what happens on the inside.
Exercise 4: Write down one of your resources and then write down three details about the resource.

_________________________________________________

__________________________________________________________________

__________________________________________________________________

_________________________________________________________________

1. While picturing the resource above begin tracking the sensations that are pleasant or neutral connected to the resource you are thinking about.

2. Focus your attention on the places in your body where you feel a neutral sensation or a pleasant sensation.

3. As you focus on that neutral or pleasant sensation, notice what happens next within your body.

4. Bring your attention to sensations that are pleasant.

5. Notice the places in your body where you have less tension and continue to notice what happens next.

6. If you notice unpleasant sensations, shift your attention to places that are neutral or more comfortable.

Sometimes, sensations connected to resources can flip into sensations that are not pleasant. For example, you may have picked your mother as your resource but she has died. She is still a resource memory but you miss her. If this happens, it does not mean you can’t pick your mother for a resource. Bringing your attention to more pleasant memories connected to your mother will usually override the uncomfortable sensations. If that does not help, you may want to choose a new resource.
3. GROUNDING

Grounding is the direct contact of the body with the ground or with something that provides support to the body.

A traumatic/stressful event can literally knock you off your feet. You may feel off balance. Practicing the skill of **Grounding** on a regular basis is another way to get back into your Resilient Zone. When you ground, you are in the present moment.

**HOW TO GROUND-Exercise 5**

You can ground by sitting, standing, lying down or by walking:

- Take your time finding a comfortable position.
- Notice how your back is making contact with the chair, sofa, floor, wall, bed, earth, etc….
- If sitting bring attention to how your body is making contact with the sofa, chair, etc…. now notice your thighs….legs….. and then your feet. Notice your feet making contact with the ground.
- Notice the sensations that are more pleasant to you or neutral within your body.
- If you become aware of uncomfortable sensations, bring attention to places that feel neutral or better.
- As you bring your attention to the contact of your body with the chair/floor/wall/bed etc, notice your breathing, heart rate, muscle relaxation, etc.
- As you get ready to end, slowly scan your body and bring your attention to all sensations that are pleasant or neutral.
**Exercise 6:** As you go about your activities of daily living this week, use the skills of Tracking Resourcing, Resource Intensification and/or Grounding.

Write down below what happened as you brought your awareness to Grounding or Resourcing.

________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________

Sometimes, a person needs an image in order to experience positive or neutral sensations. Some people need to practice Resourcing and Resource Intensification before practicing the skill of Grounding. If you try Grounding and it is difficult to find neutral or pleasant sensations, continue to focus on developing your Resourcing skill.
4. Gesturing & Spontaneous Movement

- a movement usually of the body or limbs that expresses or emphasizes an idea, sentiment, or attitude
- the use of motions of the limbs or body as a means of expression

Miriam Webster Dictionary

TYPES OF SELF-SOOTHING GESTURES/MOVEMENTS

Self-calming: movements that bring comfort and safety

Universal movements that represent wholeness, spiritual beliefs or deep personal meaning

Protective movements: Hand, leg and whole body movements

Releasing gestures experienced as sensations leaving the body and helping to restore balance

Joyful gestures that represent experiences of happiness and joy.
4. Gesturing & Spontaneous Movement

**PAYING ATTENTION TO CALMING, PROTECTIVE & UNIVERSAL GESTURES**

When you are in your Resilient Zone, pay attention to movements and gestures you are making that are calming, universal and/or protective. The gestures can come up quickly without thinking.

♦ As you make the movement, slow the movement down and notice the sensations. Slowing down comforting movements will often strengthen the sense of well being.

♦ Most people have a gesture or a movement that is made outside of awareness that brings the person back into balance. When you become aware of your movement or gesture it can become another resource that can help you feel better in body, mind and spirit.

  - If you are feeling stressed, disconnected and knocked out of your Resilient Zone, intentionally make the calming movement.

  - Many calming motions are made by the hands and can be repeated with intention once you are aware of your calming gestures to help come back to the Resilient Zone.

Use the skills of Resourcing, Grounding, Shift and Stay and/or Amp Down/Ramp Up when distressing gestures bump you out of your Resilient Zone.
4. Gesturing & Spontaneous Movement

**Exercise 7:** By tracking others, you can become more aware of gestures. When spending time with friends and family, or while watching a movie, television show or newscast, pay attention to gestures that are being made by others that appear calming. Write down what you noticed.

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Begin paying attention to your own unique gestures that are self-soothing. As you become more aware of your own calming gestures, try bringing the gesture to awareness. You can repeat the gesture and slow it down. This can strengthen sensations that are soothing.

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5. AMP DOWN/RAMP UP-HELP NOW

“AMP DOWN/RAMP UP” are specific actions to help you come back into your Resilient Zone if you are “stuck on high” or “stuck on low.”

**Exercise 8:** Try one, some or all of the actions below. Some will work better for you than others. So, use the one(s) that fits the best for you. You can also ask a friend or family member to help you with the actions listed below.

- Drink a glass of water.
- Look around the room or wherever you are, paying attention to anything that catches your attention.
- Name six colors you see in the room (or outside).
- Open your eyes if they have a tendency to shut.
- Slowly count backwards from 20 as you walk around the room.
- If you’re inside, notice the furniture, and touch the surface, sensing if it is hard, soft, rough, etc. . .
- Notice the temperature in the room.
- Notice the sounds within the room and outside.
- If you’re outside or inside, walk and pay attention to the movement in your arms and legs and how your feet are making contact with the ground.
- Push your hands against the wall or door slowly and notice your muscles pushing.
6. SHIFT and STAY

“SHIFT and STAY” means shifting your attention from something unpleasant to something neutral or pleasant and staying there.

If you feel distressed and you become aware of sensations of discomfort or pain, you can “Shift and Stay” by:

1. Moving your attention to a place in the body that is more comfortable, calmer or neutral, or

2. Using one of your resources, notice the places inside that are calmer or neutral, or

3. Bringing attention to how your body is making contact with the chair, sofa, ground etc. and noticing the places that are more pleasant or neutral inside.

Track what happens inside as you stay focused on the more pleasant or neutral sensations. Bring your attention to the whole body.

How often were you in your Resilient Zone today?

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Occasionally</th>
<th>Sometimes</th>
<th>Frequently</th>
<th>All the Time</th>
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<tbody>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
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RESILIENT ZONE SCALE

By Elaine Miller-Karas and Stephanie Citron
RESILIENT ZONE SCALE (RZS)

The Resiliency Zone Scale can be used to track whether you are in your Resilient Zone or whether you are “stuck on high” or “stuck on low.” One of the goals of CRM is to expand or deepen your Resilient Zone so that you experience it more often. Your ability to handle life stresses and the triggers that may occur because of past traumas increases as you expand your Resilient Zone.

Paying attention to whether you are in your Resilient Zone or bumped out is one way to gain greater awareness. Once you start regularly tracking your nervous system, you can be more aware of when you are in your Resilient Zone.

On a scale of 1-10, write down the number in the boxes below that describes whether you are in your Resilient Zone or not. The red yardstick shows that 1-3 represents “stuck on low,” 4-7 represents the range and vitality of your Resilient Zone and 8-10 represents “stuck on high.” As you learn the skills, the goal is to be within your Resilient Zone more often.

Are you “stuck on low” (1-3)?
Are you in your Resiliency Zone (4-7)?
Are you “stuck on high” (8-10)?

You can record your Resiliency Zone Scale numbers on the RZS Recording Sheet on the next page. You can make copies of page 39 in order to keep an ongoing record of your RZS numbers.
RESILIENT ZONE SCALE (RZS)

Recording Sheet

Are you “stuck on low” (1-3)? Are you in your Resiliency Zone (4-7)? Are you “stuck on high” (8-10)? Record your Resilient Zone Scale numbers in the boxes below before and after using CRM skills. If your are bumped out of your Resilient Zone, using your CRM skills can help you get back into your Resilient Zone.

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<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
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# RESILIENT ZONE DAILY TRACKER

**HOW OFTEN DURING THE DAY ARE YOU IN YOUR RESILIENT ZONE?**

<table>
<thead>
<tr>
<th>Resilience Level</th>
<th>Score</th>
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<tbody>
<tr>
<td>NEVER IN MY RESILIENT ZONE</td>
<td>1</td>
</tr>
<tr>
<td>OCCASIONALLY IN MY RESILIENT ZONE</td>
<td>2</td>
</tr>
<tr>
<td>SOMETIMES IN MY RESILIENT ZONE</td>
<td>3</td>
</tr>
<tr>
<td>FREQUENTLY IN MY RESILIENT ZONE</td>
<td>4</td>
</tr>
<tr>
<td>ALWAYS IN MY RESILIENT ZONE</td>
<td>5</td>
</tr>
</tbody>
</table>

Periodically track yourself to see whether you are in your Resilient Zone. If you score is 1 or 2, use the wellness skills to bring your awareness to your Resilient Zone.
After a traumatic experience including when returning from combat or military service, there may be a variety of physical symptoms you may be experiencing that can lead to emotional distress. It is important to have a complete health exam and to put in place a plan that can help you in body, mind and spirit. The skills in this workbook may help you too.

The physician may or may not find a physical reason for some of your symptoms after a comprehensive medical exam. It is important to read about the biology of trauma because some of the symptoms may be as a result of a body memory from a traumatic experience.

It is important to talk to your practitioner, physician, friend or family member about what you are experiencing. Some practitioners and physicians have yet to learn about the biology of trauma. You can educate yourself and others by suggesting the following books:


Some websites that can be helpful are as follows:

The Trauma Resource Institute, [www.traumaresourceinstitute.com](http://www.traumaresourceinstitute.com)

[www ptsd va gov index asp](http://www ptsd va gov index asp) Department of Veteran Affairs.

[www.communityresiliencymodel.com](http://www.communityresiliencymodel.com) will be launched in 2013.

If you find that you are having thoughts of killing yourself, you must reach out for help right away. You can call the Suicide Crisis Line at 1-800-273-8255 or go to the Emergency Room of a local hospital or call 911. It is important not to isolate yourself because HELP is available.
Community Resiliency Model

Message from the Executive Director, Elaine Miller-Karas

The Trauma Resource Institute believes that there are many portals to healing in the aftermath of traumatic events. There are other body-based models including Yoga, Tai Chi, Mindfulness-Based Stress Reduction, Somatic Psychology, Sensorimotor Psychotherapy and Somatic Experiencing®. All these models have a common theme and that is, it does not have to be distressing or overwhelming to heal. These gentler methods including the Trauma Resiliency Model and the Community Resiliency Model can help bring the body, mind and spirit back into balance.

The Trauma Resource Institute (TRI) has worked in the aftermath of natural disasters in China, Africa, Haiti and the United States. TRI has learned that human beings are resilient. If individuals have difficulty coming back to their Resilient Zone after extraordinary life events, biological interventions can assist in helping reset the natural balance of the nervous system. There is an “elegant design” of the human nervous system and being present with it can be awe-inspiring. We have witnessed great compassion, courage and perseverance throughout the world.

The Community Resiliency Model Workbook is dedicated to all the women, men and children we have met throughout our travels around the world. We acknowledge the men and women of the armed forces who have helped us understand military service and who have given so much in their service to the United States. We have witnessed unspeakable tragedies and have seen remarkable resilience. We have been welcomed into communities and offered a place to stay and food to share in the aftermath of great upheaval. We have been honored to share our work and to train so many community leaders, administrators, counselors, volunteers, teachers, mediators, restorative justice workers, attorneys, social workers, non-profit leaders, psychologists, nurses and doctors in the Trauma Resiliency Model and the Community Resiliency Model.

“The wound is where the light enters.”

Rumi