



"When we fight against and/or hide from unpleasant or painful sensations and feelings, we generally make things worse. The more we avoid them, the greater is the power they exert upon our behavior and sense of well-being."

Dr. Peter Levine

RESOURCING SOMATIC EXPERIENCING PRACTICE FROM DR. LEVINE

Created by trauma-healing expert, Dr. Levine, this SIMPLE practice is available for you to use as often as you, wherever you are. Even if you're experiencing extreme emotion, there are strong and calm areas in your body that you can access intentionally to process through extreme emotions, and return to a grounded state, referred to as 'resourcing.'

WHY IS RESOURCING EFFECTIVE? In the presence of pain and trouble, it's easy to hyper-focus on difficulties and spin into emotional-neglect strategies, triggered reactivity, patterns, panic, and over-thinking. Factually, we have ALL THE RESOURCES WITHIN TO ACCESS COMFORT AND CALM by LEADING OURSELVES and ALLOWING calm practices.

WHEN IS RESOURCING EFFECTIVE?

- If you're unable to sleep
- Feeling cluttered or stressed (at work or anywhere else for that matter)
- Feeling depressed or 'stuck' with a sense of emptiness
- Fretting, worrying, over-thinking or over-analyzing the past
- Disconnected, confused, ungrounded
- Panic or anxiety
- Obsessing about needing someone else to understand your pain in order to validate it
- Angry, resentful or full of shame
- Feeling loneliness, emotional distress or overwhelming anguish

I SIT WITH YOUR EYES OPEN OR CLOSED You may perform this practice anywhere you like. It is a simple grounding practice that only takes a minute... or you can take as long as you like and make it part of your daily routine.

2 FEEL INTO THE WORDS **STRONG, STABLE AND RESOURCEFUL**

- Locate an area in your body that feels this way in this moment
- It may be anywhere - within a larger area like your abdomen, or smaller like your foot or finger tips

3 FOCUS ON THIS AREA AND BREATHE DEEPLY INTO IT

- This area of focus provides stability and resourcefulness
- Allow it to move back and forth - like a wave or perhaps there is some resistance - this is ok.
- Allow your focus to continue back and even locate a new area that feels strong, stable, resourceful

4 ALLOW PAINS TO CO-EXIST WITH STRONG RESOURCING AREAS

- Because emotions are energy in motion, you may experience your resourceful areas open up to feel more calm
- You may also locate emotional pains as you are allowing focused intention within
- Be grateful for these emotions revealing themselves
- This process opens up "depressed" aspects of our psyche to process as well