

A serene pond scene with numerous large, dark green lily pads floating on the water. Several pink lotus flowers are in various stages of bloom, their petals reflecting the light. The background is a dark, calm body of water.

6 Free Resourcing Practices

Six practices to help you feel
more nourished and equipped
to handle life's ups and downs

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Welcome!

I'm Abby, the Befriend Your Body Guide. I'm a Trauma-Informed Microdose Practitioner, Somatic Coach, and Creative Expression Facilitator.



A well-resourced nervous system is one that is open, present, playful, curious, able to think rationally, and respond appropriately given the situation. Creating a resourcing practice is truly a foundational part of the equation for sustainable change, growth, and healing.

Among these pages, you'll learn about what a resourcing practice is and how to create your own, so that you can feel more nourished and better equipped to handle life's ups and downs. Welcome on this journey. I'm so glad you're here!



What is a Resourcing Practice?

In this guide, we'll be exploring Resourcing Practices, adapted from my Trauma & Somatics training created by Aurianna Joy and Will Rezin.

Resourcing Practices, also known by Deb Dana as "Resilience Routines," are practices that support your nervous system patterns and fit your unique personal needs around feeling nourished, as well as increase your capacity to respond to life's challenges.

Many times, when we're not feeling like ourselves, we think we need something from the outside world to remedy this.

"I need my partner/friend/boss to do this," or "I need a vacation," or "I need this new supplement..."

While there could be truth in this, more often than not, **what we're really needing is something internal.**

These six, simple resourcing techniques and journal prompts provided in this guide are here to help you explore your own internal, naturally occurring resources, instead of reaching for what the outer world tells you you need.

Coping vs. Resourcing

Coping Mechanisms:

An unconscious attempt to regulate a stress response after it has already occurred (i.e. emotional eating, smoking cigarettes, scrolling social media, etc). A “band aid” that does not address the deeper root cause of stress.

vs.

Resourcing Practices:

Intentionally designed practices that fit your unique personal needs around feeling nourished. Intended to regulate the nervous system and increase capacity to deal with life’s challenges (i.e. meditation, exercise, creative expression, emotional fluency, etc.)

Why We Shouldn't Quit Our Coping Mechanisms 'Cold Turkey'



When you start to become aware of your coping mechanisms, it's easy to feel a lot of shame or guilt. But I want to remind you of something very important: There is an innate wisdom in your coping mechanisms. Our body is inherently intelligent and we've all developed certain coping mechanisms. It's primal, unconscious self searching for balance to self-soothe and keep us safe.

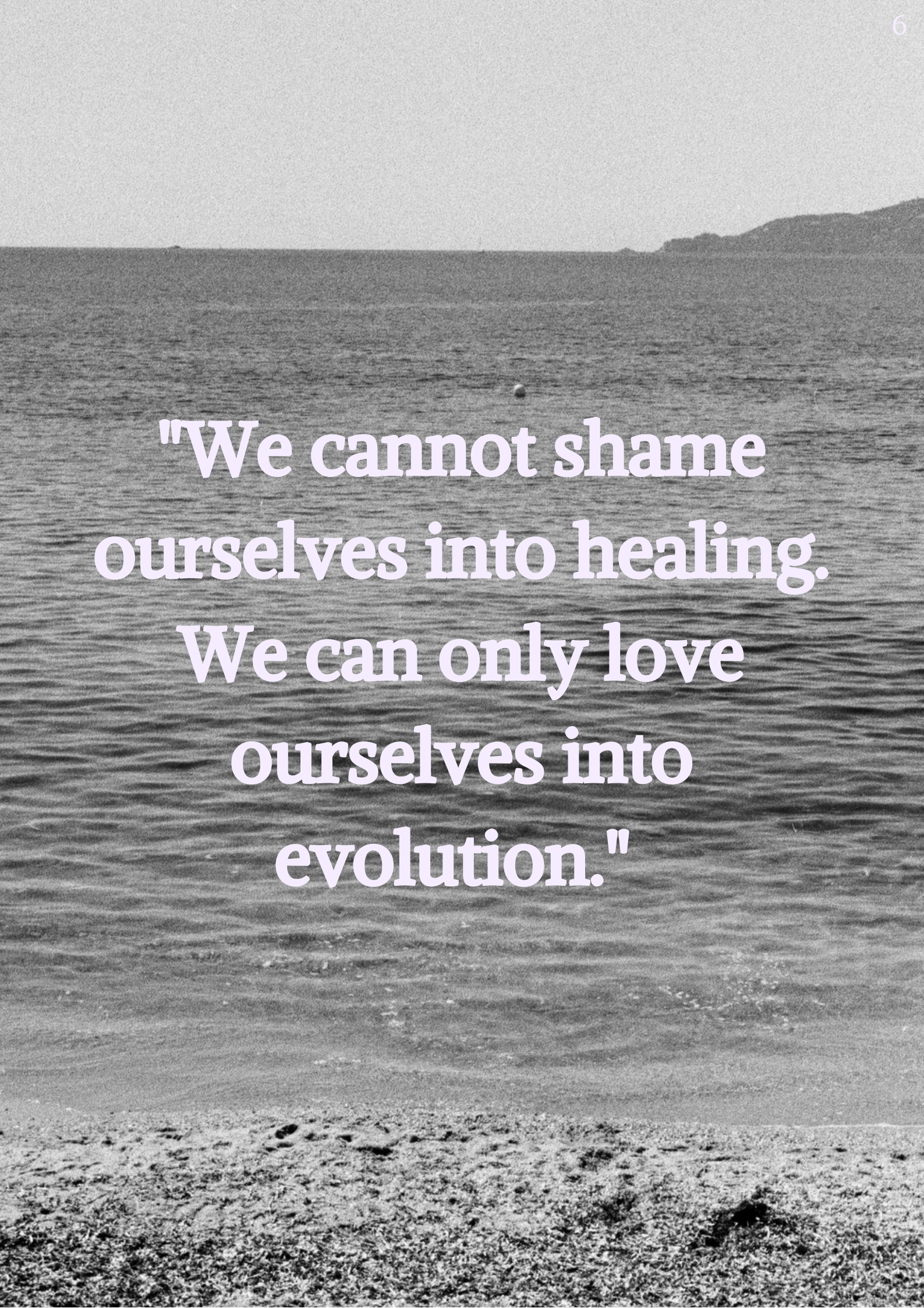
Quitting a trusty coping mechanism on the spot, or 'cold turkey,' can sometimes leave one feeling extremely ungrounded, helpless, or frozen. We're not here to shame or guilt ourselves into quitting. That usually doesn't work out so well.

This guide is here to help you simply become aware of your coping mechanisms and begin to notice what you reach for.

This guide also exists to help you create somatic RESOURCES that co-exist with coping mechanisms so that you can start, more often than not, reaching for your resources instead of reaching for the coping mechanisms that aren't working. Over time, you can absolutely 'crowd out' the non-supportive behaviors with your supportive ones for lasting, sustainable change.

Questions to Consider

1. What are your "band aids" that you use to cope but they are not actually helping you in the long run?
2. In reference to question above: How do you know they're not actually serving you long-term? Are there any clues in your body? (i.e. After a long scroll on my phone I feel a heaviness in my forehead, a fast-beating heart, and decreased energy.)
3. What are your naturally occurring resources that you already practice? A good place to start is by asking:
 - a. When in the last month have you felt most like yourself?
 - b. What makes you feel like you?
4. In reference to question above: How do you know that these are resources that are helping you? (i.e. When I take a morning walk I feel a spaciousness in my belly, an openness in my heart, a sense of grounding, and increased energy. Maybe you can't put a finger on it, but you notice you feel even just 1% better.)



**"We cannot shame
ourselves into healing.
We can only love
ourselves into
evolution."**

Say it with me:

I will not become better
out of shame

I will become better out
of love.



6 Resourcing Techniques

#1

Movement

gentle stretching, Tai Chi, Qi Gong, martial arts, yoga, shaking, walking, dancing, bicycling, swimming, light body bounce, various sports

#2

Stillness

meditation, stillness in nature, gazing out a window at something pleasant, savasana (corpse pose), stargazing, watching the clouds go by, Child's pose, yoga nidra

#3

Creative Expression

poetry, painting, writing, playing music, baking/cooking, drawing, feng shui, sewing/knitting/crocheting, woodworking, other craft activities

#4

Self-Contact

butterfly hug (bi-lateral stimulation), hand on heart, hand on belly, hand on womb (if you have one), self massage, body tapping, gentle body squeezing

#5

Breath

straw breath, Wim Hof method, Pranayama breath such as Ujjayi breath, box breath

#6

Sound

vagal toning (voooo, ahhh, ommm), chanting, growling, humming, singing

The Formula for Cultivating Your Own Resourcing Practice

1. Start by acknowledging your coping mechanisms & understanding the wisdom behind them.
2. Identify your own naturally occurring personal resources. As mentioned before, a good place to start is by asking yourself, "what makes me feel like me?" or "when in the last month have I felt most like myself?"
3. Design your own Resource Practice by picking 2-3 resourcing techniques to try out daily + a handful of 'stretch' practices to try out once a week. 'Stretch' practices are ones that might feel a little out of your comfort zone, but you'd like to try out. Check out the '6 Resourcing Techniques' list for inspiration.
4. Allow the organic intelligence of sustainable transformation to occur through "crowding out" practices that are no longer helpful .
5. Try out our own unique Resource Practice for at least one month before adjusting.

Here's a worksheet to help



Resourcing Practice Worksheet

Start Date: _____

End Date: _____

(1 month minimum suggestion)

2-3 resourcing techniques to try out daily:

1-2 'stretch' practices to try once a week:

Daily Check-In

Questions

Take some time at the end of the day to reflect on these questions. If you reached for your coping mechanisms more than your resources today, that's ok! Remember to give yourself kindness and invite in curiosity as you try out a new way of being.

1. How am I feeling right now?
2. What are three things I'm grateful for?
3. Did I try any of my resourcing techniques today? If yes, was it a pleasant, neutral, or unpleasant experience?
4. Did I try any stretch practices today? If yes, was it a pleasant, neutral, or unpleasant experience?
5. Is there anything on my mind or heart that needs attention today? If yes, take time to free-write here.

The End

Congratulations for giving yourself some time to slow down, reflect, and show up for yourself in new, important, (and maybe even scary) ways! If you're looking for additional support in creating your own unique resourcing practice, or just want to say hi, please feel free to reach out below.

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