

Introduction to Resilience Skills

Staying in your Resilient Zone, or “OK” Zone, helps you to keep working on your goals. But how do you know where you are in your Resilient or “OK” zone? And what can you do if you are moved out of your zone?

Resilience skills are things you can do to help yourself:

1. Know where you are in your zone.
2. Stay in your zone.
3. Get back into your zone if you are moved out of it.



It will take time and practice to learn how to use these skills to become more resilient. The more you practice using these skills, the wider your resilient zone will become and the more you will be able to manage stress and challenges.

These skills can be used alone or together to help you stay in or get back into your resilient zone. These are the different **resilience skills**:

Tracking: This skill helps someone figure out where they are in the resilient zone by paying attention to their thoughts and senses.

Resourcing: This skill can help when someone is near the edge of their resilient zone or if they’ve been bumped out of it by paying attention to memories, people, places, things, and ideas that help them feel better.



Grounding: This is a good skill to use when someone is having trouble staying in their resilient zone by paying attention to things that are around them at the moment.

Gesturing: This is another skill someone can use to help move themselves away from the edges of their resilient zone by paying attention to their movements and using gestures to help them relax.

Shift and Stay: This skill is a powerful way to help someone stay in their resilient zone by learning to shift their own thoughts away from things that are bothering them to stay on neutral or happier thoughts.

Help Now!: This is a skill that can be used if someone is stuck outside their resilient zone. These strategies focus on calming their body and bringing them closer to their resilient zone.