

Resilience skills are a set of skills that can help you to build your resilience and stay within the resilient or “OK” zone. There are six different resilience skills that can be practiced and used to widen your zone. The resilience skills can also help you monitor where you are in the zone and realize when you may be starting to feel stressed and get pushed toward the edges of your zone. These skills can be used alone or together to help you stay in or get back into your resilient zone.

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.

