

# Rapid Reset Techniques to Build Resilience

Feeling shut down or a little to amped up? Try these simple techniques to get your brain back in gear.



## Ground: Lean on Me!

Using your whole body lean into the wall or using just your hands or feet firmly plant them to gain the sensations of pushing. Notice the sensations of support and safety as your body is being supported.



## Orient: Where am I?

Take a moment to look around the room and pay attention to anything that may catch your eye and you find pleasing. Another way to orient is to pick an object and count how many you see or name the different colors you see in an area.



## Take a Sip: Ummmm... take a sip.

Feel the coolness of your water or the warmth of your coffee. Take a sip of a drink and pay attention to the sensation as you drink and as the liquid moves through your body.



## Sing or Hum: Let the music out!

Instead of raising your voice or yelling, hum or sing. Notice the physical feelings when you do this., the sensations of your face and mouth. How does your breathing change?



## Do Some Heavy Work: Put your body into it!

Lift a box, bag or anything to bring you attention to the sensations of putting weight on your arms, legs and shoulders. Any activity that involves the whole body, such as pulling, digging or even sweeping.



## Tap Side-To-Side: Give yourself a hug!

Cross your arms over your heart and tap your hands, first on one side and then on the other. Find a speed that feels good and continue for as long as you want.