

## Nurturing our Resiliency Skills

What practices, tools, and exercises for healing and resiliency can we add to our toolkit?

### 1. Deep Breathing Exercise

Sit or stand comfortably with your back straight. Put one hand on your chest and the other on your stomach.

Take a slow breath in through your nose, counting to four. The hand on your stomach should rise. The hand on your chest should move very little.

Hold at the top and then exhale audibly with a sigh or any kind of noise through the mouth for a count of four.

The audible sound coming out of the mouth during the exhale helps remove some of the anxious energy that may be stagnant in the body.

Inhale again, repeating the cycle until you feel relaxed and centered.

I promise that's the last edit! Thank you so much.

### 2. 5-4-3-2-1 Tool

This tool will bring awareness to your body and your surroundings to help ground you at your center.

Take a deep breath to begin.

**5 - LOOK:** Look around for five things that you can see, and name them out loud.

**4 - FEEL:** Pay attention to your body and think of four things that you can feel, and name them out loud.

**3 - LISTEN:** Listen for three sounds. Name these three things out loud.

**2 - SMELL:** Name two things you can smell. If you can't smell anything at the moment, name your two favorite smells.

**1 - TASTE:** Name one thing you can taste. If you can't taste anything, then say your favorite thing to taste.

Take another deep breath to end.



### 3. Gratitude Practice

At the end of each day, take a few minutes to yourself to reflect on five things you are grateful for. Intentionally taking time at the end of your day to center yourself and give thanks to even the smallest things that have brought you peace, joy, and appreciation can be powerful.

### 4. Journaling

Journaling is a tool that can be easily tailored to your needs at a particular moment. It can help to put your words to your emotions and thoughts. It might support you in focusing on what you desire and releasing what no longer serves you. Some prompts to get you started:

- What activities bring me a deep sense of calm?
- What does well-being look and feel like?
- Three ways I could nourish and love myself today....
- Three ways I could take action today...
- Three things to let go of...

### 5. me too. Action Toolkits

<https://metoomvmt.org/take-action/action-toolkits/>

Want to take action to disrupt sexual violence in your community? Here are some tools to get you started, from evidence-based research to facilitation guides and exercises.

### 6. Virtual Healing Room

<https://bit.ly/3m9NtbR>

To support you in your journey, we have created a virtual healing room that features guided meditations, healing playlists, journaling, and activities for you to explore. You can click on almost every object in the room and you will be transported to an activity, resource, or tool to support you.

