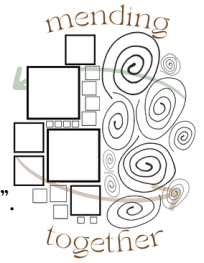# Resources

"Resources" is the fancy term used in many trauma informed therapies for "coping skills". Their general purpose is similar; *to help practice **shifting away** from **negative** and **stuck feelings** and **experiences.***

These can include:
- Overwhelming emotions
- Intrusive thoughts or beliefs
- Pictures, memories, or flashbacks
- Physical sensation (ie. sounds, smells, painful/uncomfortable feelings in your body)

Another way Resources are designed to help is by helping ***move towards*** more ***positive feelings and experiences***. Oftentimes positive feelings are **less familiar** overall and also **less instinctive** to connect to. Therefore Resources that are designed to help movement in that direction can be invaluable for trauma therapy and experiencing life in a positive way.

*Do not worry if this feels so foreign, different, or just so unfamiliar that you can't even picture what it would be like. This is common and part of why learning and practicing **Resources** is such an important first step of trauma therapy.*

Resources tend to help in 3 general ways. Understanding **how** a resource helps, and specifically helps you, lets you plan for yourself which resources are going to be best used, when.
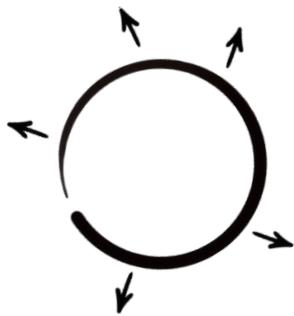
Release: Resources to help **disconnect** or create **distance** from **distressing experiences**, either by **numbing** or **moving them** (/yourself) **away**.
- Examples; Container, Whiteboard

Relief: Resources designed to **change** or **alter** distressing experiences, potentially with the benefit of **improving** them but at least with the goal of making them **different**. ("Starting with different, not always better")
- Examples; Lightstream, Spiral
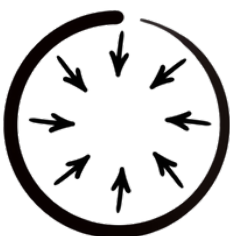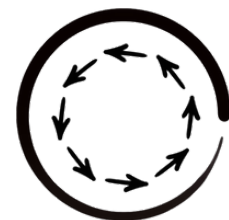
Recharge: Resources focused more on **building connections** to (/"felt sense of") **positive experiences**, but can result in the improvement of **distressing experiences**.
- Examples; Safe Place, Resource Figures

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Activity

Try to think of 3 coping skills you have used in the past, 1 which has helped you "**disconnect**" from negative thoughts/feelings/experience, 1 which has helped you "**change/improve**" a negative thought/feeling/experience, and 1 which has helped you "**connect**" to a more positive thought/feeling/experience:

1._____

_____

_____

_____

2._____

_____

_____

_____

3._____

_____

_____

_____