

## Resourcing: Pushing Against a Surface



### Why Practice This Tool?

*When we have strong emotions in the body, like anger, fear, or worry, there is a need to discharge the energy out of the body in order to create more stability and downshift the sympathetic nervous system. Using touch and a controlled contact with a surface may help us discharge some of the big energy involved in heightened emotions. This allows our nervous system to return to a greater sense of balance.*

**Steps:** *When you notice a big feeling in your body or mind,*

1. Look around your space and find a stable surface you can press your hands against. This may be the table where you are sitting, a wall in the room, the floor or even your own 2 hands pressing together.
2. Press your hands into this surface with a moderate amount of pressure for a count of 10. Don't hold your breath!
3. Remove your hands from the surface and shake them a few times.
4. Repeat as many times as needed until you feel calmer inside.
5. Notice how you feel now.

Here's more information on Resourcing as a Resilience Tool: [Community Resilience Model from the Trauma Resource Institute](#)

Here's a free Resilience tools app created by the Trauma Resource Institute: [iChill](#)