

FREE TRAINING AND SUPPORT

FOR WESTERN NORTH CAROLINA
Learn more at ResourcesForResilience.com

RECONNECTING THROUGH HARD TIMES

Turn good intentions into real support at Reconnecting Through Hard Times. This 1-hour training offers simple, powerful strategies to help others after a crisis. You'll gain an understanding of how hard times affect us all and learn what to do and say when it matters most.

SCAN ME



TUESDAYS

11 AM TO 12 PM EST
THROUGH JAN 14

Events paused during the weeks of Thanksgiving, Christmas, and New Year's

DROP IN ON ZOOM

- Scan the code above
- Visit bit.ly/WNCReconnecting
- Or call 646-876-9923 (ID 859 8501 0699)

LISTENING CIRCLES FOR WNC RESIDENTS

Big events can hit us hard and affect us in many ways. Listening Circles help us name what is most difficult about them and practice tools that can help with the stress, right now. Join us as we lean on one another and highlight what is getting us through this difficult time.

SCAN ME



WEDNESDAYS

12 PM TO 1 PM EST
THROUGH JAN 15

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DROP IN ON ZOOM

- Scan the code above
- Visit bit.ly/WNCListens
- Or call 646-876-9923 (ID 847 0135 3002)

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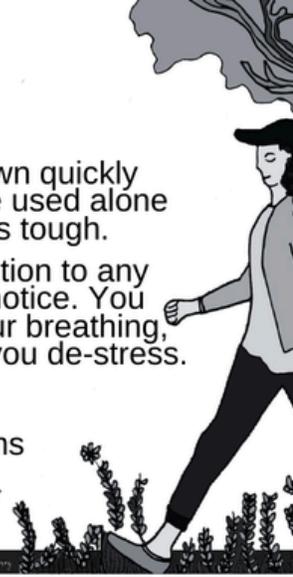
RAPID RESETS

Rapid Reset tools help us calm down quickly during times of stress. They can be used alone or with someone else when life gets tough.

As you use them, pay special attention to any comfortable physical feelings you notice. You may begin to sense changes in your breathing, heart rate, and muscle tension as you de-stress.

TAKE A WALK

- Pay attention to how the bottoms of your feet hit the ground.
- Notice how the muscles in your legs move, stretch, or flex.



GROUND

- Notice the sensations of support when you sit, stand, lean, or walk.
- Notice your feet, legs, or hands against whatever is supporting you.



ORIENT

- Look around and notice anything pleasing that catches your eye.
- Be sure to move your head and neck as you scan your surroundings.



DO SOME HEAVY WORK

- Notice what happens as you push, pull, lift, dig, or sweep.
- Pay attention to any heavy, weighty, or pressure sensations in your body.



PUSH AGAINST A WALL

- Push against a wall and notice the big muscles in your arms, legs, and back.
- Pay attention to the pressure on your body as it touches the wall.



SING OR HUM

- Notice the physical feelings in your face and mouth as you sing or hum.
- Pay attention to any vibrations in your throat or chest.



TAKE A SIP

- Pay attention to the physical feelings that go along with taking a sip.
- Notice how the liquid feels in your mouth, throat, and stomach.



TAP SIDE-TO-SIDE

- Cross your arms and tap your hands, first on one side and then the other.
- Go back and forth, tapping at whatever speed feels comfortable.



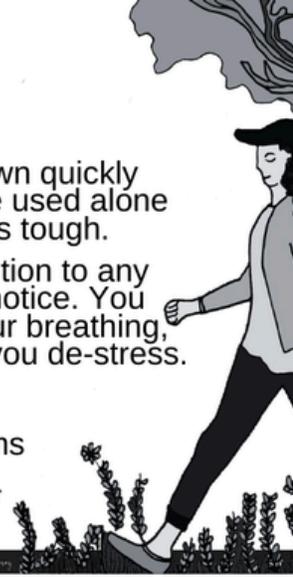
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