

THE COMMUNITY RESILIENCY MODEL (CRM)[®]

WELLNESS SKILLS

Tracking

Pay attention to sensations in your body in the present moment by asking yourself:

Notice what is happening inside
Recognize if the sensations inside pleasant, neutral, or unpleasant
Bring your attention to the sensations that are pleasant or neutral.



Resourcing

Any person, place, thing, or memory (real or imagined) that provides you comfort, joy, peace, or happiness

Think about who or what uplifts you
Realize what or who gives you strength
Identify what gets you through the hard times



Grounding

Contact of the body or part of the body with something that provides support in the present moment. You can ground by sitting in a chair, standing against a wall, laying down, walking, or floating in water.

Download the free iChill App to practice these skills and learn more.
Available in English and Spanish on iOS, Android, or at ichillapp.com.



Quick tips to staying in your Resilient Zone

Drink a glass of
water, juice, or tea

Count backward
from 20 as you walk
around the room

Push your hands
against a wall or door
slowly and notice
your muscles pushing

If you are outside,
focus on the feeling of
your hands and feet as
they touch the surface
of something in nature

Name six colors
you see in the
space you are in

