

Resourcing During Social Isolation

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The frenzy of Covid-19 makes it way too easy to go down social media rabbit holes of doom and gloom. With fear and anxiety right at our fingertips, it can be hard to keep ourselves out of an emotional rut. That's where resourcing comes in.

Resourcing...what's that?

Resourcing is the process of engaging in an activity that settles the nervous system and helps you feel safe and supported. It can be as simple as singing a lullaby that soothes a baby to sleep or as big as sitting for a 2-hour meditation session that brings you into a deep sense of calm.

Why do we need it?

Resourcing helps bring us back to ourselves. When I am unresourced these days, I find myself spiraling into maelstroms of fear and anxiety. I lose my sense of self and time, and I end up swimming in scary social media posts. When I remember to resource, I become more mindful of my body, I am able to be more present, and I feel more stable and grounded.

Do not underestimate the power of resourcing!

Resourcing activities help you build a necessary stable foundation within yourself. It's like building your very own house: first you build the foundation, which has to be strong and solid, in order to support the rest of the house. If the foundation is shaky, it will fall in on itself. If it's strong, it can weather any storms that pass through. Right now, a big storm is passing through, and we need to shore up our foundations.

So what can I do to resource myself?

Resourcing is about coming back to yourself, and there are an endless number of ways to do it. Some of my favorite ways:

- Take a deep breath. Notice where you are and what you're doing, and make a conscious decision about how to continue. (I use this one a lot when I'm on social media.)
- Notice the support of the chair you're sitting on or the floor beneath your feet. Knowing that they're stable and reliable, sink into this support, allowing your body to relax more deeply.
- Look around the room and find something that draws you in. It might be a plant or a picture on the wall or a piece of clothing. Give it your full attention, noting what you like about it (a color, texture, design, etc.) Pay attention to the way your body reacts to this delightful thing.

- Wear your favorite piece of clothing. Curl up in it and notice how it makes you feel.
- Go on a walk. Take in the fresh air and allow your body to react to it. Enjoy the sunlight.
- Do something creative. Some people like to write, others enjoy drawing or making pottery. This is about connecting with your inner experience and expressing it outwardly.

Develop your own ways to resource. Each of us is different, and you are the expert on what helps you feel calm and grounded. If you find something effective, feel free to share with us!

We are here to support!

We hope this resourcing article helps you cope during this difficult time. If you're wanting more support, we're currently offering sliding scale telehealth sessions. Don't hesitate to reach out and let us know how we can help!