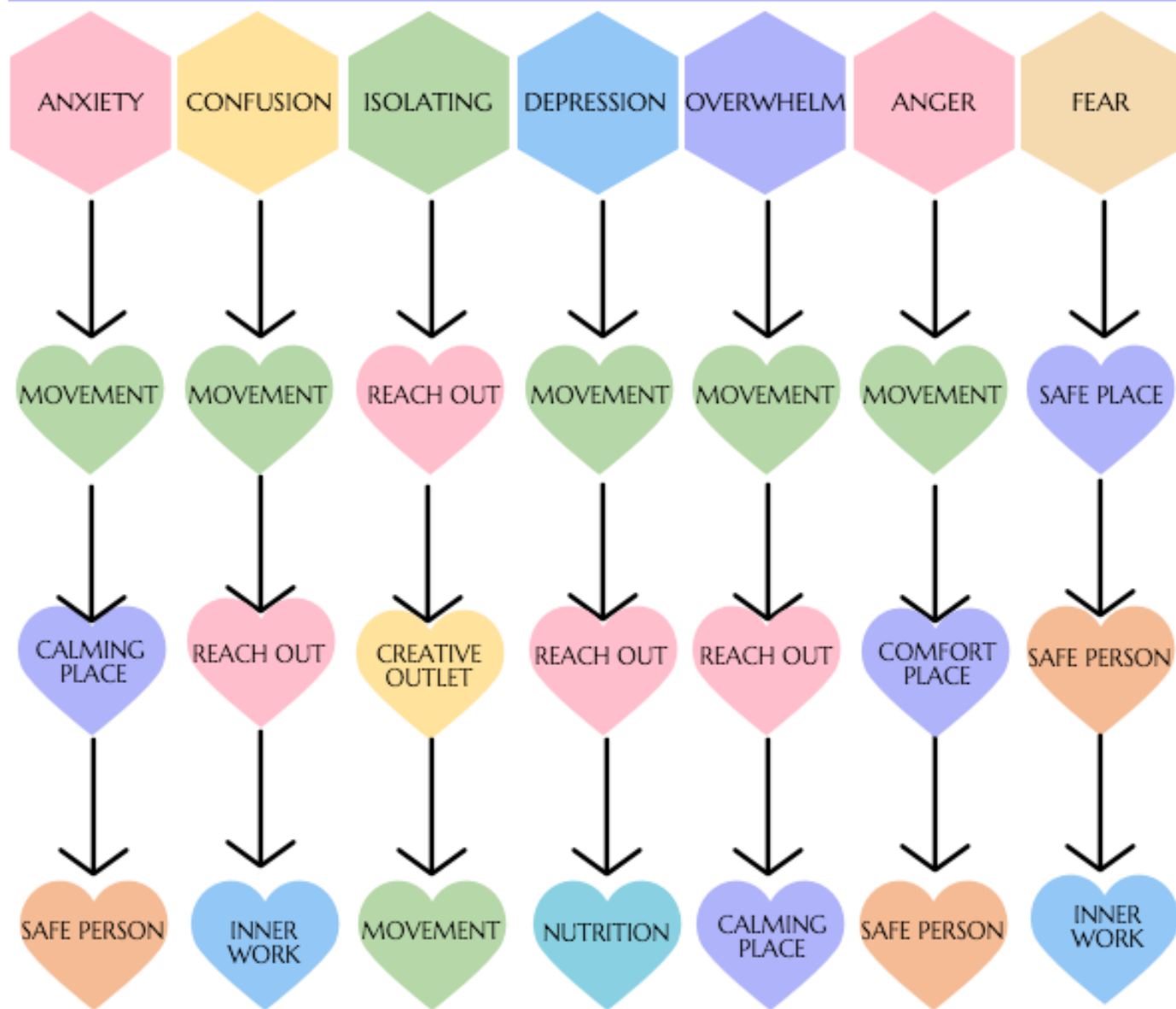


Which Resource???

Keep Moving! Movement releases stuck energy and clears the mind!!



WHAT TO CONSIDER:

If something doesn't feel like it is easing your undesirable feelings, try another resource. Best to engage many regularly as prevention for too much of any feeling.

Green = physical activity

Pink = Connect to a resourcing person/group

Purple = Seek out a safe place

Orange = Seek out a safe person/group

Yellow = Creative expression

Blue = Go within through inner work

Teal = Examine the food and drink in your diet