

Personal Resourcing Menu

Develop a Personal Resourcing Menu

We can build a toolbox of things we can do in order to get support and nurture ourselves. We can call on this when we are moving into a place of overwhelm. In this way we build our resources and develop resilience. This is also a way of learning how to access our window of tolerance and increasing our capacity for managing challenges (see [How we tick](#)).

We might build a list of immediate things to do, as well as a longer term list of things that might take more time to arrange.

Immediate resources - these are just a handful:

- Enjoy a hot drink
- Take a bath
- Try breathing exercises
- Sing
- Go for a walk or a run
- Take some mindful time in nature
- Do some stretching or movement
- Try some gardening
- Have a hug with a friendly human or pet
- Have a cuddle with a weighted blanket
- Make time for a chat with a fellow rebel or other friend
- Listen to soothing/upbeat music
- Watch your favourite film

Longer term resources - here are a few suggestions:

- Join a support group
- Meet with a friendly rebel online or in person
- Join some local social events
- Access the TESN (Trained Emotional Support Network) rebel-to-rebel listening service
- Contact the Climate Psychology Alliance (CPA)

More info can be found here: [General Support Options](#) and [Support for People of Colour](#).

Make space for regular enjoyable, nurturing activities on your own or with others. Adopt a regular practice that provides some balance and ease - tai chi, yoga, stretch or exercise class, meditation,

a bodyscan, somatic practice, a sit spot (a local spot in the garden or green area to spend time simply noticing your surroundings with all your senses), journaling.

Build in a **regular habit for a check-in with yourself** where you can take time to reflect on how you are feeling, noticing the things on your mind and your heart, listening to the body to notice signs of tension or messages wanting your attention.

