

# Cultivating Seeds of Resilience

Tools for Self-Resourcing

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# Introduction



# Group Meditation



What is self-resourcing?



What is self-regulation?

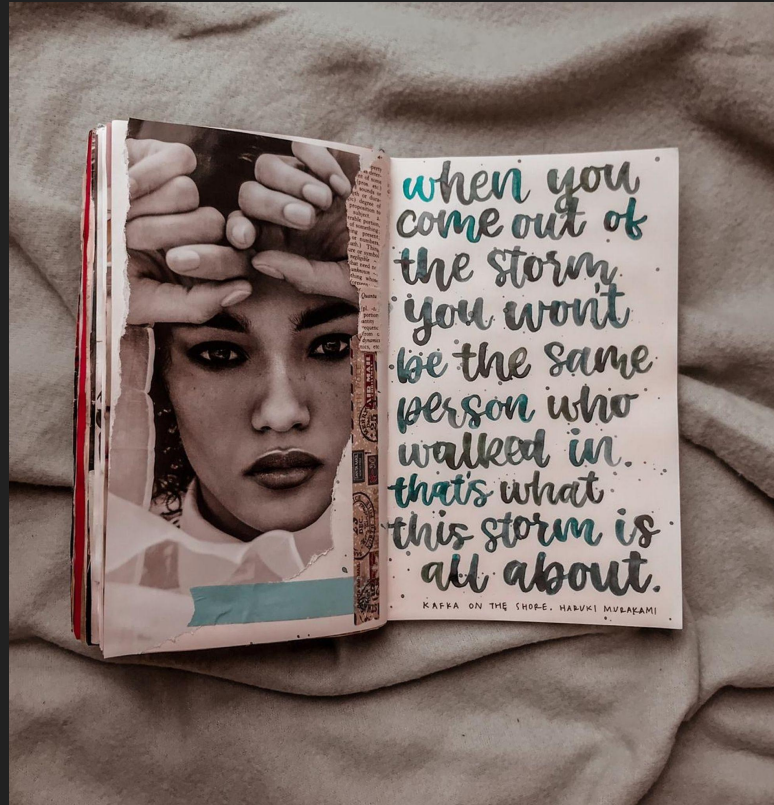




Why is self-resourcing so important for resource parents?



# Guided Self-Reflection (grab something to write with!)



# Self-reflection questions:

- On a scale of 1-10, how strong are your regular self-care practices right now? What is going well, and what is most in need of attention?
- What are some things (person, place, object, activity) that make you feel safe or secure?
- When you feel overwhelmed or stressed, what people or practices do you turn to? What coping mechanisms help you feel grounded?
- What are some things that bring you joy?
- What are self-care practices that have been helpful to you in the past?
- When is the last time you felt supported and cared for?



# Guided Practice: Self Compassion



# Guided Practice: Sensory Scan





# Guided Practice: The Helping Hand



Self-care is an ongoing relationship with the self, not a single event.



Q & A