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!)

when you come out of the storm, you won't be the same person who walked in. That's what this storm is all about.
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