



Resilience Tools Summary

These are all simple grounding and centering practices that can be integrated into your day without disrupting your schedule. When practiced regularly, they can help build resilience in the nervous system, help cultivate a sense of settled spaciousness, and contribute to overall wellbeing.

Please note that because all bodies and systems are different, some of these tools may be more activating than settling. If you find that to be the case, feel free to discard that tool!

1. *The Box Breath*: Inhale for a count of four, hold for a count of four, exhale for a count of four, hold for a count of four. Repeat at least 4 times in a row. [Link to guided video.](#)
2. *Butterfly Hug*: With your palms facing you, cross your hands over each other and interlace the thumbs to create a 'butterfly.' Gently place your palms over your collarbone and tap, alternating hands while breathing slowly. Do this for as long as feels right and pay attention to any impact it has on your body. [Link to guided video.](#)
3. *Cortices*: Place one palm at the back of the head and slow your breathing. With the other hand, tap the top of your head, tap your heart, and tap your belly. Then move the palm on your head one hand's length up and repeat. Do this four times, each time moving the hand on your head forward. End by gently holding both sides of your head, then using one hand (either works!) to tap head, heart, and belly.

This one has a bunch of steps; [here's a video that walks through it and describes it in more detail.](#)

4. *HeartMath Coherence Technique*:
 - a. Place your palms over your heart and slow your breathing; let yourself become aware of the sensation of breath moving in and out of the heart.
 - b. Bring to mind a moment that you experienced a regenerative emotion such as joy, gratitude, connection, or love.
 - c. Make a sincere attempt to re-experience that moment and emotion in its fullness. Notice how your body and breath respond to this.
 - d. Imagine that the emotion and energy moves through your body, expanding with each breath and heartbeat.
 - e. If you find that your body fills with this emotion, you can imagine expanding it off the body and filling the room with it.
 - f. When you feel complete, take a few gentle breaths and come back to the room.