

Create a DIY Resilience Bag for Instant Grounding

What is a Resilience Bag

A resilience bag is a grounding, redirection and overall “spot stress relief” tool that you can use anywhere, anytime, for any amount of time. The resilience bag is sensory focused. This means it uses senses to engage the Amygdala to focus on people, places, things and experiences that have a positive meaning for you personally. This approach offers the fastest means of grounding and soothing possible when life is full of stress and challenge.

Start Here:

1. Pick one of your senses to engage: sight, sound, touch, smell, taste.
2. Collect a number of items that stimulate that sense: For example: Collect a rabbit’s foot keychain, a bumpy/fuzzy blanket, a rough piece of paper, etc.
3. As you explore each item, take note of any positive sensations or memories come to mind; write your notes down like so:
 - a. Keychain – youth, running in a field with friends, relaxing in my room listening to pop songs
 - b. Bumpy/fuzzy blanket – safety, security, comfort, I’m ok
 - c. Rough piece of paper – painting, creativity, strength, resilience
 - d. Lemon rind – no positive memories
4. Next, write the most positive descriptive emotion in capital letters next to each item that had a positive association (leave out those that have a neutral or negative association):
 - a. HAPPINESS: keychain – youth, running in a field, relaxing in my room
 - b. COMFORT: Bumpy/fuzzy blanket – safety, security, comfort, I’m ok
 - c. STRENGTH: Rough piece of paper – painting, creativity, strength, resilience
5. Put your **notes** AND **a representative of all positively associated items** in a small bag or purse you can keep with you throughout the day.
6. Repeat for each sense. Organize your notes on a single page for ease of use when/if you are in a full panic.

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How to Use Your Resilience Bag:

1. Train yourself to notice YOUR FIRST SIGNS of stress or anxiety.

This is specific to you. Do you get a tingling in your stomach? A knot in the middle of your head? A vague feeling of fear that builds? A sense that you are a deer in headlights?

2. At the first sign of stress or anxiety, use the best tool for what you would like to feel; happy, comforted, strong.
3. If in a frozen panic state, consult your notes to remind you what to use.

DIY Resilience promotes a balanced lifestyle based on connection, truth, self-knowledge, acceptance and making balanced, positive choices.

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