



RESOURCING QUICK START GUIDE

- Show yourself compassion
- If you feel safe to do so, close your eyes
- Tune in to your body, notice any sensations
- Take a deep breath in and out; make the exhale roughly twice as long as the inhale
- Choose one of the meditation audios to guide you through resourcing
- If listening to the audio feels too overwhelming at this moment, continue breathing and add in a sigh on the exhale
- When you're ready, open your eyes and return to the room