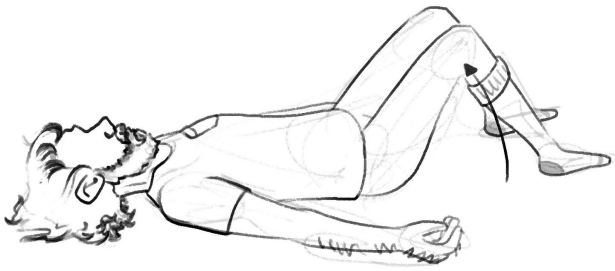
Welcome Back!

In these Support Materials, you'll find more review, practices, and activities to help you grow your Resilience Toolkit practice.

QUICK REVIEW: Therapeutic Tremor



- ➔ The therapeutic tremor is an organic response in all humans (and mammals) to reset the stress response.
- ➔ It originates from the central nervous system.
- ➔ It can be different sizes and intensity. It can move around to different parts of the body.

QUICK REVIEW: Tremor Tips

- ➔ The only way to do tremoring wrong is to try to push through discomfort. If you feel uncomfortable for any reason, stop and restart when you feel comfortable, safe, and curious.
- ➔ The size of the tremor does not affect how well it works to lower stress. Bigger tremors are not better than smaller tremors.
- ➔ Tremoring works best when you do short sessions or cycles of 30 seconds to 2 minutes. If you observe carefully, you will notice that each session will have a natural cycle that starts when the tremor turns on and ends with signs of stress lowering. Stopping after 1-2 cycles is best if you are in freeze. If you are in fight/flight, then you can do 2-5 cycles. Rest between each cycle and enjoy the relaxation. Even one cycle can be very effective.
- ➔ If you notice that you have more energy or stronger emotions after tremoring, you may be coming out of a long-term freeze. Tremor for shorter periods of time every other day to slow down the process and alternate using other Toolkit practices to help lower stress.

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STRESS LOWERING PRACTICE

We suggest you watch and follow along with the recording the first few times that you practice.

THERAPEUTIC TREMOR	
Type	Movement – Vibration
When to use	Anytime Tremor until you feel your system settle. But if no change in 2 minutes, stop and check for signs of settling. May repeat another cycle if still needed. Maximum recommended total tremor time: ● Social Nervous System – 10 to 15 minutes (5-7 cycles) ● Fight/Flight – 5 to 10 minutes (2-5 cycles) ● Freeze – 30 seconds to 2 minutes (1 cycle) *If first starting, tremor every other day for first 2-4 weeks
How to do	Activation sequence · Ankle circles with optional settling breath, reverse direction ***(fig 1)*** · Sweep arm with opposite hand ***(fig 2)***. Repeat on the opposite side. Repeat each side approximately 5 times · Sweep front of legs from thigh to knee or ankle with opposite hand ***(fig 3)***. Let arms hang and slowly roll up to standing. Repeat approximately 5 times · Swaying or rocking up onto toes and back to heels a few times ***(fig 4).*** · Feet widely planted, knees softly bent, with hip and upper body twist side to side, letting arms swing and neck turn to the side ***(fig 5)***. Repeat approximately 5 times · Laying on back or seated/reclined ***(fig 6.1)***; diamond position; tighten buttocks or pelvic lift until gently fatigue ***(fig 6.2)***; diamond position; bring knees together several inches and hold until gently fatigue ***(fig 6.3)***; repeat bringing knees together several inches at a time ***(fig 6.4)***; when tremor established, place soles of feet on ground with knees slightly wider than feet
Reminders	Tremoring should be effortless and enjoyable Rest in diamond (or with legs extended) as needed Ways to stop the tremor ● Extending legs straight ● Rolling on side ● Sitting up ● Standing and walking or Marching in place
Recording	Video: Toolkit Therapeutic Tremor Practice

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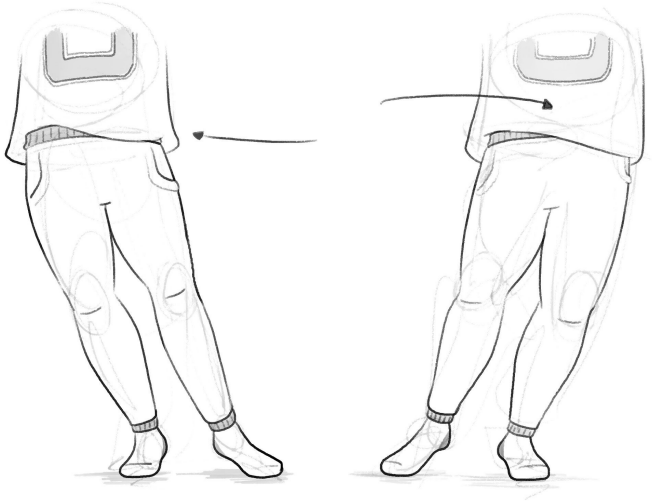


fig 1

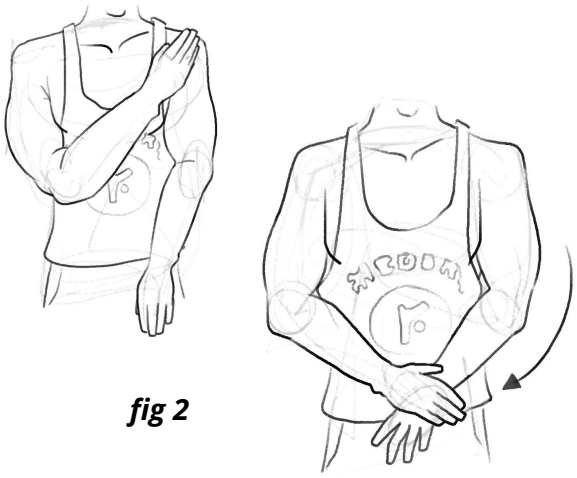


fig 2

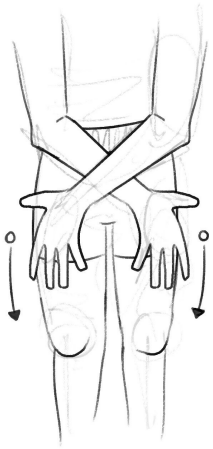


fig 3



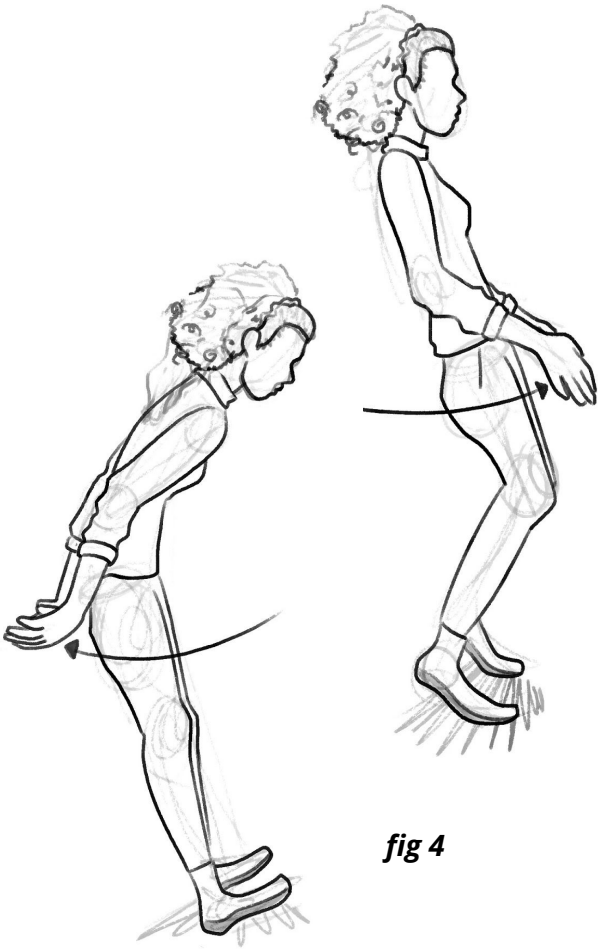


fig 4

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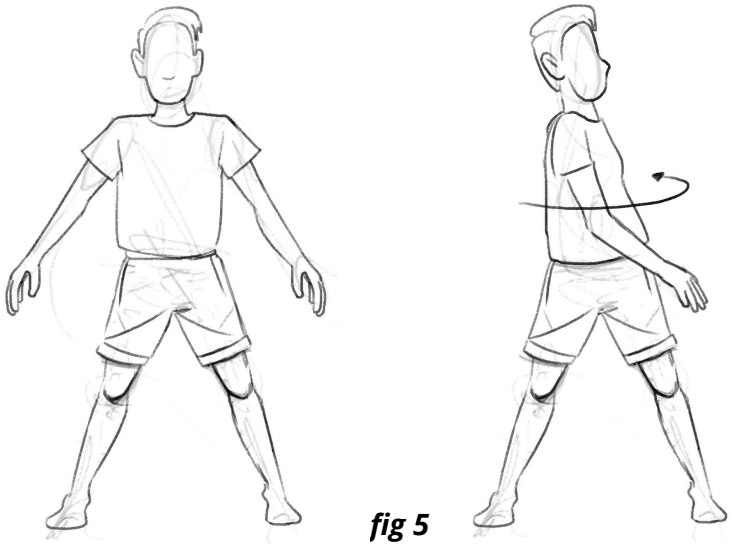


fig 5

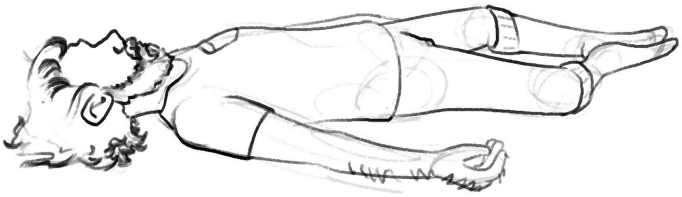


fig 6.1

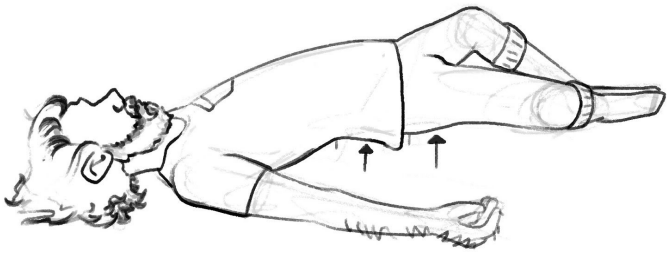


fig 6.2

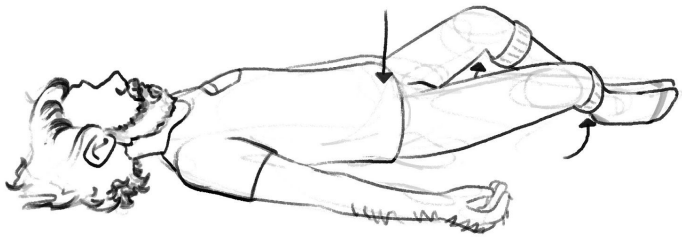


fig 6.3

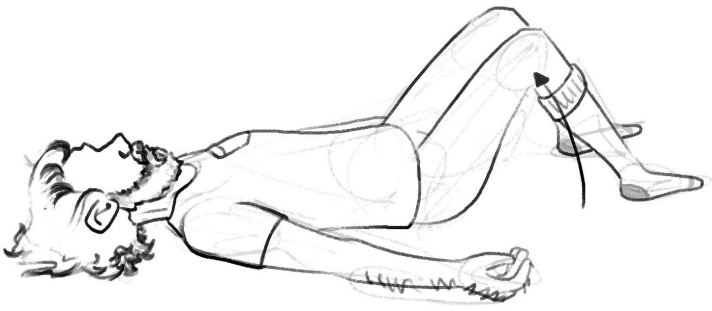


fig 6.4

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ACTIVITIES: Reflection Points on Barriers and Supports

Reflect on these questions. Write down your thoughts.

BARRIERS

What are some *external barriers* (people or situations) that make it challenging to maintain a consistent Toolkit practice?

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What are some *internal barriers* (like thoughts or feelings) that make it challenging to maintain a consistent Toolkit practice?

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What's ONE thing you could do this week to reduce one of your *barriers*?

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ACTIVITIES: Reflection Points on Barriers and Supports

Reflect on these questions. Write down your thoughts.

SUPPORTS

What are some *external supports* (like circumstances or people) that make it easier to maintain a consistent Toolkit practice?

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What are some *internal supports* (like thoughts and feelings) that make it easier to maintain a consistent Toolkit practice?

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What's ONE thing you could do this week to increase one of your *supports*?

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