

THE COMMUNITY RESILIENCY MODEL (CRM)

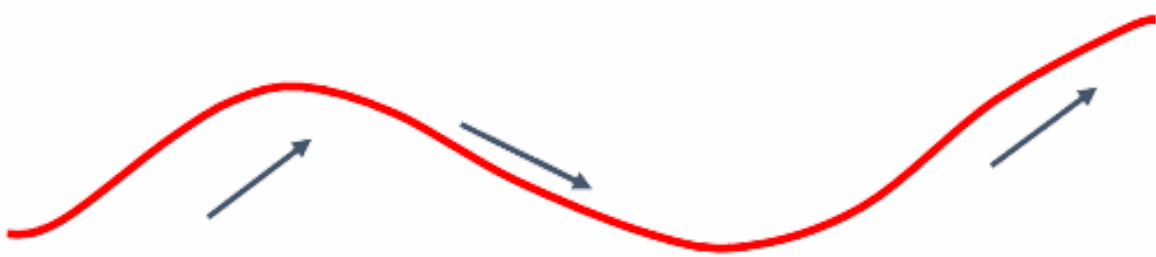
A SET OF SKILLS, BASED IN BIOLOGY, USED BRING BALANCE TO THE NERVOUS SYSTEM.

CRM is a wellness practice that helps people expand their capacity for handling stress, using normal biological functions as tools to reset the natural balance of the nervous system and strengthen our ability to bounce back after stressful or traumatic experiences.

BASED IN BIOLOGY, NOT MENTAL WEAKNESS

- CRM helps us understand that there are common reactions that can follow a stressful or traumatic event.
- Our bodies are hard-wired for reaction. Every human has a nervous system that is built to react to things in the environment.
- Using CRM, we can learn to read our nervous systems, better understand our normal reactions to stress, and use a set of skills to return to a place of greater wellbeing, known as the Resilient Zone.

OUR RESILIENT ZONE IS OUR "OK ZONE"



When we are in our Resilient Zones, we have the capacity to deal with stressful situations and feel like our best selves.

TRAUMA-INFORMED AND RESILIENCY-INFORMED

- CRM seeks to shift the perspective on human reaction to reflect strengths and a capacity for growth, not weaknesses.

Conventional Assumption:
What's wrong with you?

Trauma-Informed
What's happened to you?

Resiliency-Informed
What's right with you?



SUSTAINABLE FOR COMMUNITY INTEGRATION

- There is a growing body of research into the effects of CRM across ages, races, cultures, languages, and sectors of the community.
- CRM has been shown to reduce levels of stigma, burnout, stress and toxic stress, secondary trauma, and physical symptoms of stress among those who use the model regularly.
- CRM skills are designed to be taught to others. Individuals trained in CRM can share the skills they've learned with others, increasing community resiliency and capacity over time.

LEARN MORE AT
[RESILIENTNORTHEASTGEORGIA.ORG/CRM/](https://resilientnortheastgeorgia.org/crm/)

COMMUNITY RESILIENCY MODEL- WELLNESS SKILLS



TRACKING

Paying attention to sensations within the nervous system and noticing the way the the body responds to these sensations.

RESOURCING

Using a positive characteristic, good memory, calming place, person, or animal as a safe zone to turn to mentally in times of stress.



GROUNDING

Using direct bodily contact with a supportive surface to generate a sense of gravitational security and comfort.

GESTURING

Using expressive movements or self-calming motions to express and relieve stress and tension stored within the body.



HELP NOW!

Using activities that rely on noticing things in the immediate environment to redirect focus in times of distress.

SHIFT AND STAY

Shifting attention from unpleasant or painful sensations to more pleasant sensations, then using other CRM skills to remain in that space.



RESILIENT
NORTHEAST
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