

This list is for those of you who may have a hard time figuring out what your external resources are (or perhaps you have them, but you don't realize these are in fact external resources!).

Please know that these are not all the possible external resources, just some common examples.

**What's most important is that you discover what works for YOU. And if you have no idea what that is, this list may spark some ideas.**

NOTE: you may be surprised to see things like alcohol, tobacco, and other intoxicants or mind-altering substances here. The reason we include these things is because at the beginning of learning how to regulate our nervous system and grow real capacity, we aren't as concerned about whether or not a particular substance or activity is objectively 'healthy' or not, and more concerned about having access to whatever does the job to help us soothe and settle ourselves.

That being said, if a substance is harming you, or making it difficult to live your life and carry out your responsibilities, it's likely that thing has moved out of the 'resource camp' and into the 'problematic addiction' camp. If that's the case, it would be best to not view that thing as a resource, and to get support in navigating that addiction.

A big part of this work is, over time, learning to move towards healthier external resources, and even more importantly, to develop more internal resources, which is what the neurosensory exercises are all about.

### External Resources:

- Soothing beverages - water, hot tea, iced tea, hot cocoa, fruit juices
- Comfort foods - whatever food feels grounding and soothing for you, I'm not going to list specifics as diet is so varied across lifestyles and cultures
- Cooking
- Intoxicants - alcohol, tobacco, cannabis, microdosing psychedelics
- Hydrotherapy - warm or hot baths, foot soaks, showers, sauna

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- Structured exercise and physical activity - dance, yoga, a gentle walk in the woods or a favourite neighbourhood spot, working out at the gym, doing some simple squats, sit-ups, or push-ups, engaging in team sports
  - Gardening - planting food, flowers, plants, weeding, landscaping, mowing the lawn
  - Play and games - puzzles, board games, card games, apps, daydreaming
  - Arts - painting, drawing, sculpture, pottery, music, writing, film
  - Crafts - sewing, crochet, knitting, scrapbooking, woodworking
  - Cleaning/Organizing
  - Shopping - groceries, crafts, art, music, clothes, home supplies, window-shopping, browsing
  - Listening to music or looking at art
  - Entertainment - TV shows, movies, magazines, coffee table books, podcasts
  - Special objects - a favourite stuffed animal, blanket, rocks, crystals, shells, artwork
  - Favourite spot to sit and look at nature or people
  - Going for a drive
  - Connecting with safe people who have the ability to listen
  - Pets
  - Spiritual practice - meditation, faith, mantras, visualizations, energy work