Your resources barometer

In colloquial language there are lots of ways to describe crisis situations and sometimes we use them without taking seriously enough the situations they refer to. "Come down!", "Pull yourself together!", and so on. This may seem banal, but it is very important when in contact with traumatised people to check with that person whether they are still grounded and "together". The resources barometer makes sure that all the mind's resources are present and in contact with one another.

"Stand up! *Of course, I'm the first to stand up.* Come on, we're going to walk through the room. *I rock back and forward on my feet, do what my feet need me to do to gain good contact to the floor*. Move your feet, where can you feel the soles of your feet best? The floor is quite hard, it feels better on the carpet. Where can you feel the floor best? Is there a difference between the balls of your feet and the heels? Where is it warmer? Where is it harder? What part of your feet can feel the floor best? This feeling doesn't have to be unpleasant – it's all about making sure you are in the here and now again.

How clear is that now? On a scale of 1 to 10, if 1 means you feel it a little, and 10 that you can feel it very clearly – where are you right now? Three? That's not bad, but let's hop from foot to foot a little. Is it getting better? Five? That's better!"
You can also do this exercise without words and just leave out the part with the scale. And you don't have to involve anyone else. If you prefer, do the exercise on your own.

How clearly can you feel your feet at the moment? You can ask yourself this parallel to everything else, and it will give you stability.

In this way, you can ensure that the various levels of your mind remain in contact with one another and there is no acute risk of losing control. When you can clearly feel the contact between your feet and the outside world, this means that your cerebral cortex is in contact with the sensors in and on your feet and can register their connection to the outside world, while the cerebellum is involved via movement – the result is that an emotional assessment takes place and you are aware of this. You can process things in language and explain to yourself and others how and what you perceive. The scale is an additional abstraction that forces the mind to concentrate, and this allows you to compare your connection to the here and now with someone else.

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