TSD MINDFULNESS

TSD Resiliency Inventory Tool

Reducing stress with assessment, analysis and mindfulness.

For your clients who struggle with symptoms of anxiety

Worry, over scheduling, panic, overthinking, repetitive thought cycles, overwhelm, fear, isolation, or nervousness.

TSD Mindfulness means alleviating anxiety by raising resilience.

TSD Mindfulness shows us how to trace each instance of anxiety back to one or more specific areas of resilience. Once traced, anxiety is immediately reduced by building resilience in the area where the stress originated. Each area of resilience aligns with a different psycho/emotional/physical system.

The TSD Resilience Inventory helps you assess your clients' areas of resilience. With this data, you can identify which mindfulness exercises, coping skills, and affirmations will most effectively build your client's resilience and decrease their anxiety quickly.

Stress Reduction Protocols
Based on results

TSD Resilience Inventory Analysis and Protocol Chart

Inventory questions	1 – 5	6 – 10	11 – 15
Resilience Area	Comfort with what is.	Comfort with the possibility of something else.	Comfort with uncertainty.
psycho/emotional/physical system	Mental	Gut	Heart
Healthy Manifestation **Score of 18 or higher**	Quiet thoughts, mindful of emotions, healthy work/life balance, active recreational life, rooted in a community.	Comfort with feedback, acceptance of health issues, calm in crisis, adaptable to new environments, emotionally expressive.	Established selfcare routines, trust in others, healthy boundaries, feelings of connection, generosity, spiritual practice.
Less healthy Manifestation **Score of 17 or lower**	Feelings of overwhelm, over scheduled, over thinking, frequent moving and job switching, over productive when stressed.	Nervousness, panic, health worries, fear of change, paranoia, triggered anxiety attacks, mental shutdown when stressed.	Painful relationships, unhealed trauma, numbness, non-emotional, untriggered anxiety attacks, isolation.
Corrective Approaches	Mindfulness of tension in forehead, neck and shoulders. Meditation on sounds in environment and physical sensations in body, coping strategies that break thought cycles, affirmations about acceptance of what is.	Mindfulness of tension in gut area. Awareness of worry about instability and change. Coping strategies that prove emotional and physical survival (exercise), Affirmations about stability, validation of worry and concerns.	Mindfulness of tightness in heart area. Patience with emotional numbness, human connection, meditations about letting go of outcome, develop trust and healing, affirmations to strengthen ability to experience sudden intense emotions.
Emotional Intelligence	Awareness of distorting healthy emotions; avoid feeling emotions contingent on accomplishments; embrace spontaneous emotions for longer periods of time.	Use perspective shifts when difficult emotions arise; avoid jumping to conclusions; distinguish between necessary stress and unnecessary stress, explore deeper meanings behind fear.	Avoid transforming pain into blame, resentment, and shame; allow emotions to exist at the intensity they arrive; allow emotions to remain for the length they naturally exist.

TSD Resilience Inventory data allows you to support your client to use precise protocols. Available protocols:

Support comfort with what is

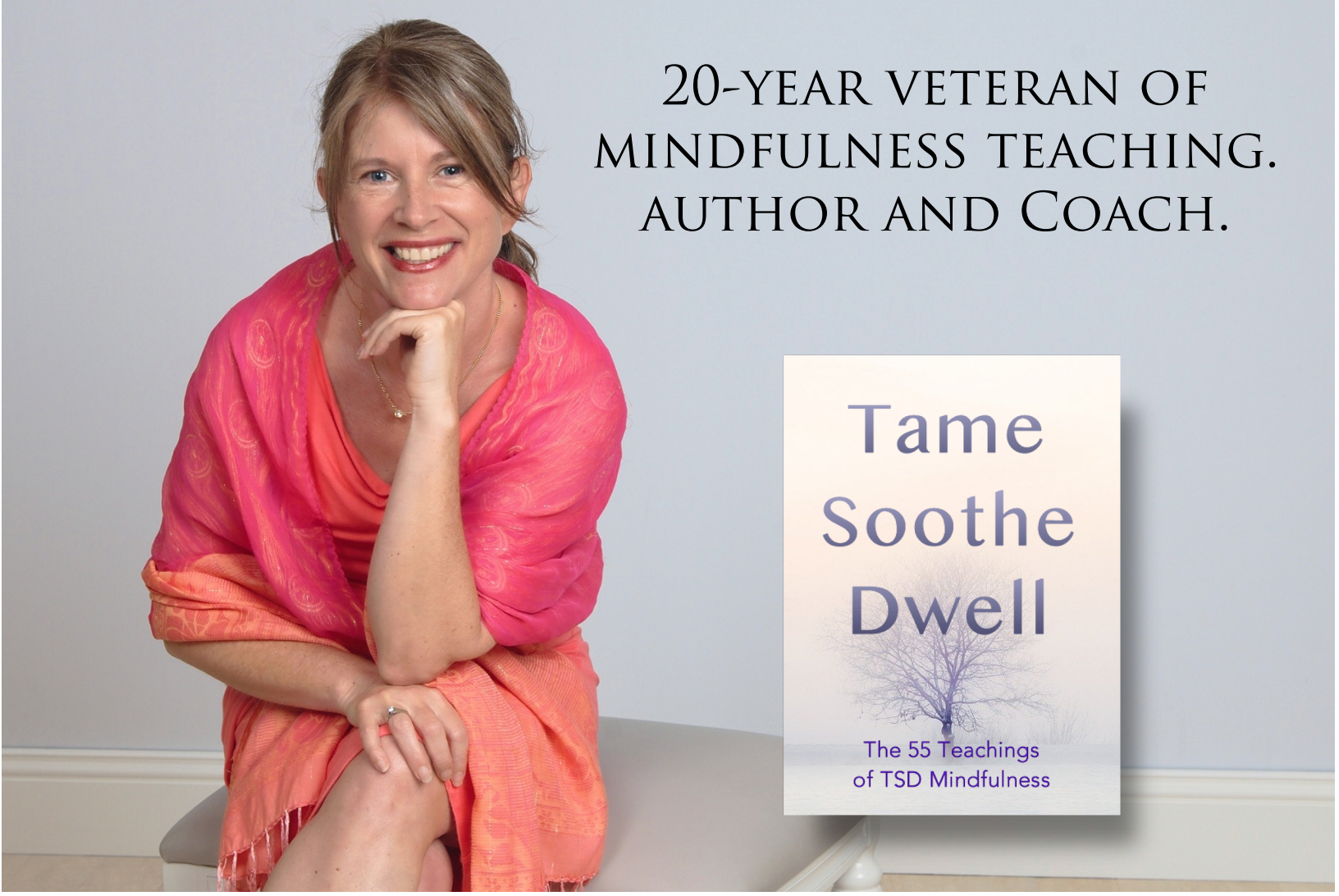
5 meditations
6 coping skills
5 affirmations and prayers
Various community supports

Support comfort with possibility

3 meditations
4 coping skills
5 affirmations and prayers
Various community supports

To support uncertainty

3 meditations
4 coping skills
5 affirmations and prayer
Various community supports



TAME SOOTHE DWELL provides the tools to support your clients to build skills in all three areas resilience. $7.99 USD

Sarah Vallely breaks down mental, emotional, instinctual and spiritual processes associated with stress and the three areas of resilience. Buy Book

The most precise book on mindfulness.

Client Name: _____ Date: _____

On a scale of 1 – 5, 5 being the highest, how much do you agree with the following statements?

1.	I regularly take breaks to soak in the experience of the moment.	
2.	I rarely imagine how situations will play out.	
3.	I rarely experience repetitive or persistent thoughts.	
4.	I am comfortable alone with my thoughts for 30 minutes or longer.	
5.	When a difficult emotion surfaces, I am usually more curious than action oriented.	
	Total	

6.	I almost always look forward to change.	
7.	I am comfortable with the possibility of not being in control of my emotions.	
8.	I respond calmly and effectively during crisis.	
9.	I trust more than worry about mine and other people's health issues.	
10.	I easily adjust during transitions (e.g. moving, new job).	
	Total	

11.	I am almost always content, even when I do not know what will come next.	
12.	I sometimes experience spontaneous emotions and often do not know why they come about.	
13.	I feel protected almost all of the time.	
14.	I have high hopes for myself, despite my life challenges.	
15.	I feel at ease when I am in situations where I have little influence.	
	Total	

Directions for analyzing the results

Add up the scores in each of the question groups: (1 – 5), (6 – 10), and (11 – 15). Correspond each score with an area of resilience (see chart). Identify which psycho/emotional/spiritual/physical system each score represents. Determine which area your client has the highest score in. This is where their resilience is highest and where they are best able to process and reduce their stress. The area in which they have the lowest score, is where their resilience is the weakest. This is the area in which the majority of their stress manifests. This is the area where they need support processing their anxiety so they can reduce their stress quickly. Finally, use the Analysis and Protocol chart or book *Tame Soothe Dwell*, to discover which meditation exercises, coping skills and affirmations will best support your client to reduce their stress.

Sample analysis:

Sample score (questions 1 – 5 = 6); (questions 6 – 10 = 12); (questions 11 – 15 = 16.)

This person has probably either had little trauma in their lives of they have done healing work to overcome much of their trauma, as shown by a 16 score in the area of *comfort with uncertainty*. The score of 12 in the area *of comfort with possibility* indicates that this person is somewhat triggered by threats to their status quo and some of their stress is caused by these threats. A low score of 6 in the area of *comfort with what is* shows this person has an over-active mind and their own thoughts are causing the majority of their stress.

Ultimately, you will support your client with meditation exercises, coping skills, community supports, and affirmations that best address their resilience needs. Once your client has adequately built resilience in their weakest area, your client can build resilience in the other two areas. This inventory shows *generally* where your client is weakest and strongest, however, your client will experience stress generated in all three areas. Building resilience in all areas, will support them to process all the different types of stress they experience.

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SarahVallely.com I am a stress reduction coach. Learn more about referral fees I pay therapists and life coaches. My coaching is not a replacement for therapy or other types of coaching.

TSDMind.org I am the founder of a virtual meditation center called TSD Mindfulness. I provide bimonthly meditation classes and certification programs for therapists, life coaches and yoga instructors.

SarahWood.com I am an expert in teaching meditation to children. Learn more about my free trainings and books covering teaching mindfulness and guided imagery to children.

@TSD_mindfulness Follow me on Instagram and read daily posts about stress reduction, mindfulness, and psycho-spiritual education.