NAME: _____ DATE: _____

Resourcing Up Playbook

1. Learn one tool at a time
2. Practice regularly throughout day
3. Use small doses

4. Enjoy micro-moments
5. Adopt routines
6. Stack cues of safety when needed

GROUND THE BODY



syncing body + mind in the present

CONNECT WITH OTHERS



engaging with true others

WARM THE HEART



emotional + spiritual nourishment

WORK ROUTINES AND SPACES



set ways to be effective

STEADY THE MIND



distance from your story

LIFE HABITS AND PLACE



patterns + places of well-being

©2027 Susie Amundson, Ph.D.

NAME: Leah

DATE: ★ SAMPLE ★

1. Learn one tool at a time
2. Practice regularly throughout day
3. Use small doses

Resourcing Up Playbook

4. Enjoy micro-moments
5. Adopt routines
6. Stack cues of safety when needed

GROUND THE BODY

- Soothing Breath
- Here-and-now Stone
- Plank/push-up several times per day to sturdy up
- Feet pressing into floor or earth

syncing body + mind in the present

CONNECT WITH OTHERS

- Playing with my two children
- Hanging with my best work mammal, Jess
- Belonging to my racial justice group

engaging with true others

WARM THE HEART

- Assume "the good" in each human
- OBOSS
- Sending Well Wishes to myself + others on my team
- Listening To Brandi Carlile at work

emotional + spiritual nourishment

WORK ROUTINES AND SPACES

- Keeping calendar private
- Protecting deep work: shut off apps!
- 10-minute rule— I can do anything!
- Deep work in morning
- Photos of kids

set ways to be effective

STEADY THE MIND

- Framing my perspective: "Step back, step back"
- Kind Inquiries: Is it helping me or harming me?
- What is my underlying need right now?

distance from your story

LIFE HABITS AND PLACE

- Morning meditation before kids + work
- Digital detoxing on Saturday
- Commit to at least 7.5 hours of sleep
- More water, more water

patterns + places of well-being

WISE AT WORK
working better together
DOWNLOAD: wiseatwork.net/exercises

Excerpted from ***Mammals at Work***

©2027 Susie Amundson, Ph.D.

NAME: JASMINE

DATE: ★ SAMPLE ★

1. Learn one tool at a time
2. Practice regularly throughout day
3. Use small doses

Resourcing Up Playbook

4. Enjoy micro-moments
5. Adopt routines
6. Stack cues of safety when needed

GROUND THE BODY

- BOX BREATHING
- HUMMING (WITH LONG EXHALE)
- CHANGING PHYSICAL POSITIONS AT WORK EVERY 30 MINUTES
- STRETCHING OUTSIDE FOR A WORK BREAK

syncing body + mind in the present

CONNECT WITH OTHERS

- CONNECT WITH HUSBAND
- RUN WITH FRIENDS
- CHAT WITH SISTERS
- VOLUNTEER WITH BIG BROTHERS, BIG SISTERS

engaging with true others

WARM THE HEART

- ACKNOWLEDGE WHAT I'M FEELING
- READING POSITIVE QUOTES FOR WOMEN
- SOOTHING EMOTIONS
  touch the visceral spot
  gently breathe into it
  "I'm here. I'm now. It's OK."

emotional + spiritual nourishment

WORK ROUTINES AND SPACES

- SCHEDULE MY WEEK ON SUNDAY
- RITUAL FOR STARTING WORK
- CLEAN WORKSPACE (END-OF-DAY ROUTINE)
- USE TIMER TO KEEP ME HONEST ABOUT TASK FOCUSING

set ways to be effective

STEADY THE MIND

- ENCOURAGING WORDS: "YOU CAN DO THIS."
- STAY IN MY LANE (CLEAR BOUNDARIES)
- PUT "THE WORRY" IN THE MUD ROOM
- REASSURANCE: "PROJECT WORK IS BUMPY WORK."

distance from your story

LIFE HABITS AND PLACE

- DAILY EXERCISE!
- NIGHT ROUTINE: OILS + RESTORATIVE YOGA = GOOD SLEEP
- SUNDAY IS HOME DAY
- GARDENING

patterns + places of well-being

WISE AT WORK
working better together
DOWNLOAD: wiseatwork.net/exercises

Excerpted from ***Mammals at Work***

©2027 Susie Amundson, Ph.D.