

Resource channels

Support that meets a person's needs and restores the energy to live and work with enjoyment



Take the quiz

Choose one answer in each line that best suits the description of you in a stressful situation. Which column has the most matches for you?

BASIC Ph model is a model of maintaining life supports. It shows in which areas of life a person can find support and how to use resource channels to prevent burnout, overcome stress, and recover from traumatic events.

Results

Choose the column that has the most answers and find out where you can find inner strength to overcome stressful situations.

	B	A	S	I	C	Ph
1	I often go to God	I'm crying alone or with someone	I turn to those organizations that can help me	I imagine the situation will pass by itself	I'm trying to gather more information about this stressful situation	I eat more delicious food, it comforts me
2	I repeat that I believe in myself and I will overcome anything	I'm feeling anxious, scared	I turn to family and friends for advice	I do something with my own hands: I embroider, draw, make models	I analyze a stressful situation to make a choice about what to do	I play sports, exercise, do my homework
3	I'm reaching out to my guardian angel	I make a joke 'cause my sense of humour helps me	I spend time in pleasant company, go to concerts, clubs	I watch TV shows, movies, read books	I am looking for webinars, trainings that will help me find a way out of the situation	I take a bath, sauna, go for a massage
4	I'm repeating a ritual that will help resolve the situation	I can't always control myself	I invite guests to my house or go to visit my friends	I imagine what my favourite hero of fiction book/movie would do on my place	I will find out how a similar situation was resolved before me	I drink a lot of water, coffee, tea
5	I look at horoscopes, astrological forecasts	I'm looking for extreme entertainment	I'm looking for someone I can help with something	I'm transported with my thoughts to a happy future	I'm reflecting and "putting everything on the shelves"	I want to be hugged or held by the hand
6	I'm turning to my amulet	I listen to the sound of the sea, the rain, I look into the distance	I actively communicate on social networks	I am engaged in design, write poetry or prose, I am interested in art, music, theatre	I make a list of all the available resources that may be needed to resolve the situation	I care about the balance of vitamins and minerals in my body

B BELIEF	A AFFECT	S SOCIAL SUPPORT	I IMAGINATION	C COGNITION	Ph PHYSIOLOGY
You can find support in philosophy of life, spirituality, religion, morality, faith in yourself and in the world, political views, special purpose, human rights education. Try to learn more about human rights and organisations that work to protect human rights.	Your support is feelings, emotions, manifestation of your own emotions (crying, laughter, anger, etc.), stories about experiences, expression through creativity, immersion in the emotions of characters while watching movies or listening to music. Try watching your favourite movie or listening to your favourite music group.	You find support in loved ones, neighbours, colleagues; in the performance of professional roles, belonging to a group or organisation; receiving or providing support, participating in joint events. Try to call a loved one and talk about today.	Your strength is in imagination and fantasizing, creative leisure (music, drawing, embroidery, reading books, singing), in various types of creative activities. Try to fantasize and imagine that you are writing a book. What is it about?	You are helped by learning, thinking, searching for and processing information, organizing knowledge, participating in trainings and finding logical solutions. Try to learn more about BASIC PH model.	Everything related to the body and pleasure helps you recover: sports, physical activity, delicious food, sex, massage and walks. Try to treat yourself to a delicious dessert and walk.

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