

What is CRM?

The Community Resiliency Model (CRM) is a set of six wellness skills developed using the latest knowledge in neuroscience. CRM helps people build resilience by understanding the biology of stress reactions (how and why stress affects our bodies and minds) and learning skills that bring the body and mind back into a natural balance.



How does it work?

CRM explains how we can recognize and track physical sensations associated with stress and wellbeing. This knowledge, together with the biology-based skills, helps people to regulate their stress responses and promote a sense of wellbeing.

CRM training is for everyone

The skills are easy to learn, so people of all ages and from all walks of life can practice and share them. Research shows that by practicing wellness skills, our wellbeing improves and our resilience grows. This not only helps us manage stress in the present, but it also empowers us to confidently face challenges in the future too.

CRM in the workplace

Work is a significant part of our lives, and a certain amount of stress can improve focus and productivity. However, stress can also have negative consequences — affecting a person's ability to complete tasks; maintain positive work relationships and is costly both personally and professionally.

What makes the Community Resiliency Model different from other strategies? CRM skills are specifically developed with an understanding of how the brain and body manage stress, so it works within the body's own system to regulate it. By integrating CRM in the workplace, the following can occur as people learn how to regulate their stress:

- Increased motivation and productivity
- Strengthened work and personal relationships
- Personal growth and development
- Improved task management
- Boosted creativity and performance
- Improved staff retention

Source: Resilience NI