



RESOURCE MAPPING

A visual framework for turning anxiety into action

When stress feels formless, it feels unmanageable. **Resource mapping makes a client's real support system visible** — the people, skills, spaces, and services already available to them — so uncertainty finally has something solid to stand on.

1 DEFINE THE STRESS CATEGORY

Narrow the focus first — mapping everything at once feels overwhelming.

SITUATIONAL

A transition, financial strain, a demanding project.

CHRONIC

Ongoing illness, caregiving, generalized anxiety.

ACUTE

A sudden crisis or in-the-moment panic.

2 MAP THE FOUR RESOURCE QUADRANTS

Guide the client through every area of support they already have.

QUADRANT 1

Internal (Self)

Personal traits, coping skills, past wins.

Prompts: resilience, mindfulness, creative outlets.

QUADRANT 2

Social (Community)

Relationships and informal networks.

Prompts: friends, family, support groups, faith community.

QUADRANT 3

Physical (Environment)

Tangible spaces and lifestyle assets.

Prompts: a quiet room, savings, a workout routine.

QUADRANT 4

Professional (Systemic)

Formal services, organizations, experts.

Prompts: therapists, doctors, EAP, crisis lines.

3 DRAW THE ACCESS MAP

Layer each resource by how fast the client can actually reach it.



- Tier 1 — Immediate**
Under 5 minutes, no one's permission needed — a breath, a text, stepping outside.
- Tier 2 — Secondary**
A phone call, appointment, or short wait — a session, a close friend, the gym.
- Tier 3 — Emergency**
Formal safety nets reserved for acute crises — hotlines, ER, legal aid.

4 SET ACTION TRIGGERS

A map only helps if it's used under stress — build simple if/then plans.

IF → THEN

Workplace anxiety hits an **8/10**, then open Tier 1 and run a 5-minute grounding exercise.

IF → THEN

Isolated for **2+ days**, then open Tier 2 and call a trusted friend.

5 REVIEW & UPDATE

Revisit the map often. Seeing it — literally — disrupts the belief that the client is out of options.

