

EXERCISE:



My safety and safeness kit

Objects / possessions	
Safety <ul style="list-style-type: none"> • • • <p>(e.g., a card with numbers to call when things feel difficult)</p>	Safeness <ul style="list-style-type: none"> • • • <p>(e.g., a playlist of calming music, a collection of soothing/inspiring quotes, photos of people who care for me)</p>
Places	
Safety <ul style="list-style-type: none"> • • • <p>(e.g., locked room, park bench, a friend's / relative's house, church, café)</p>	Safeness <ul style="list-style-type: none"> • • • <p>(e.g., a specific chair in my room / house, looking at a certain view)</p>
Activities	
Safety <ul style="list-style-type: none"> • • • <p>(e.g., grounding exercise, naming five things I can see / hear, smelling salts, getting out to go for a walk)</p>	Safeness <ul style="list-style-type: none"> • • • <p>(e.g., BreathingZone app, grounded body posture, smelling lavender oil, telling myself something reassuring, calm place imagery, a warm bath)</p>
People	
Safety <ul style="list-style-type: none"> • • • <p>(e.g., the crisis team, the Police, a suicide prevention helpline)</p>	Safeness <ul style="list-style-type: none"> • • • <p>(e.g., the hearing voices self-help group, my sister)</p>