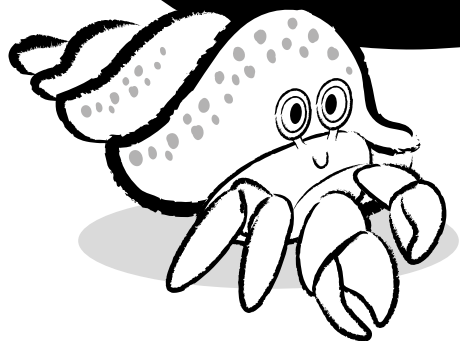


A SAFE PLACE



If you start to feel overwhelmed, you can try grounding yourself by thinking about your favourite safe place and how it feels when you're there.

Your safe place could be real or imaginary.

WHAT'S YOUR SAFE PLACE LIKE?

How might safe feel?

.....

What does it look like?

.....

What colours can you see?

.....

What sounds can you hear?

.....

What can you touch?

.....

Is there a taste that reminds you of your safe place?

.....

What does it smell like?

.....

What is the temperature there?

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