

Multisensory Safe Spaces in Your Mind

Explore these various coping skills to bring you peace, safety, and stability to move forward and grow. Empower yourself with affirmations and kindness. Know your worth and seek out safe spaces within your mind.

Playlist of Songs: empowering (music/auditory, spiritual/mindfulness)

- Start with 1 favourite song, add a 2nd inspiring song, add a 3rd comforting song
- Sing out loud, helps gain mastery and empower confidence
- Write the words out to your favourite 3 songs, these are your theme songs

Affirmations (mind/mindfulness, verbal, auditory)

- Empowering Affirmations
- Kind Affirmations
- Positive Affirmations
- Self-Compassion Breaks

Body movement (body/kinaesthetic, spiritual/mindfulness)

- Walking, moving each leg and each arm
- Hug – give yourself a hug, wrap your arms around your chest & shoulders, tap your shoulders, squeeze yourself with love
- Yoga poses — Child's pose

Go outside (sensory, spiritual/mindfulness)

- Feel the air/wind
- Sit in the sunshine

Meditations (mind, spiritual/mindfulness, verbal, auditory)

- Apps — Hearing a calm voice lead you through a meditation
- Affirmations— reading them out loud to yourself
- Self-Compassion Affirmations— read & write them for yourself
 - Insight Timer app
 - Calm app

Grounding (spiritual/mindfulness)

- Grounding steps – intentionally walk, firmly place each foot on the ground
- Feet on the ground/floor – Place your feet firmly on the floor, being present
- Sit on the ground/floor— Feel the ground beneath your seat

Body Scan (body, mindfulness)

- Notice tense & relaxed parts of your body
- Start at your head and work your down towards your feet.
- Moves your thoughts focusing on your body and gets the thoughts out of the cycle stuck in your head.

Visual Encouragement (visual, kinaesthetic/writing)

- Write down encouragement on colour note cards
- Hopeful Scriptures
- Positive Affirmations
- Visual sketches

Safe Spaces in Your Mind

(Stephanie Zhu)

Say this out aloud:

“When I close my eyes, I feel safe. I am inside myself, no longer looking outward to try to understand the world. All that matters is me, my thoughts, and my body”.

True safe space exists within us all.

Unsafe spaces can be triggering, promoting bad habits and behaviours that we resort to in order to feel safe and comforted.

We can find this peace within ourselves. Safe space exists within all of us. Even when every possible condition seems against us.

Trust that your body and your mind know what you need.

I believe a safe space exists in each and every person, and that they must unlock it from within their soul. We can't rely on externalities to be safe. There are too many factors at hand. Oppressive forces that will always be present until we learn the mental tools to not let those bother us.

The same challenges will keep popping up in a different form until we learn to deal with it from within.

I believe in everyone's ability to unlock the safe space within themselves.

Close your eyes, take a dive inward.

Your safe haven exists inside of yourself, Trust the journey, trust the process.

Simple steps to safety, to dissect and replace toxic behaviours.

A personal guide-

Ask yourself what you need, what will make you feel comforted and ready to rest and surrender to yourself.

1) Close your eyes, cover them, and dive into yourself. Begin self-massaging, since you know best what is going on under the skin surface and what your body needs.

2) Food can be a psychological safety net. You could replace that with something else orally in order to satisfy you oral fixation and need for flavour and taste. For instance, tea. And coconut oil pulling.

3) Binge on TV instead of rationally turning it off after a certain point and being done. Perhaps you need something coming in, some content, some idea, even someone's voice. There can be days where you go without human interaction and that haven can really energise you without even being able to fully comprehend that.

4) Remind yourself that sleep is the greatest healer. We are all severely sleep-deprived. You can tell that when you wake up in the morning your eyes don't feel fully rejuvenated. Those eyes need a break. They need to shut off!