

What Helps My Body Feel Safe?

A gentle space to notice patterns in your body and wellbeing without judgement. Use only the sections that feel useful.

Places where my body feels most settled

People I feel safe around

Sounds that help me settle

Lighting, textures or temperatures I prefer

Movement that feels regulating

Objects or sensory tools that help

What tends to make my body feel overwhelmed?

One thing I can add to my environment is...