

## THE IMPORTANCE OF EMOTIONAL SAFETY PLANNING

*Emphasis is often placed on planning around physical safety, but it's also important to consider your emotional wellbeing when creating a safety plan. Emotional safety looks different for different people, but planning for your emotional safety is ultimately about developing a personalized plan that helps you feel accepting of your emotions and decisions when dealing with abuse.*

### 1 MY SUPPORT NETWORK

*Names and contact info of trusted friends or family members who can calmly help me think through difficult situations and discuss potential options:*

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### 2 MY ACHIEVABLE GOALS

*These are my manageable, simple goals to support my emotional and mental health. Taking small steps can help options feel more possible when I'm ready.*

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### 3 MY PEACEFUL SPACE

*This is a physical place where my mind can relax and feel safe to help me work through the difficult emotions that arise when dealing with abuse. (Eg. a private spot in my home, a place in nature, a quiet space at a friend's home.)*

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### 4 MY VALUE AND WORTH

*These are words to remind me of my worth and importance. It is never my fault when someone chooses to abuse me, and their actions are not a reflection of my value.*

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### 5 MY SELF-CARE OPPORTUNITIES

*These are ways and moments that I can regularly practice kindness toward myself. I can give myself small mental breaks from the stressors in my life, which will help me think more clearly and make informed decisions.*

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# THE IMPORTANCE OF SELF-CARE

*Self-care is critical for mental resilience and stress management. Types of self-care vary and are unique to every person. Approaches, activities, and focuses will be different. Below are some thought starters to outline a self-care strategy that will fit with your needs and your life.*

## PHYSICAL SELF-CARE

**ACTIVITIES THAT HELP YOU TO STAY FIT AND HEALTHY, AND WITH ENOUGH ENERGY TO FACE DAILY STRESSORS.**

- Develop a regular sleep routine.
- Aim for a healthy, balanced diet.
- Take lunch breaks if you work outside the home.
- Go for regular walks, even if you need to bring pets or children with you.
- If you have sick leave or vacation time, use it.

**MY PHYSICAL SELF-CARE:**

## MENTAL SELF-CARE

**ACTIVITIES THAT HELP YOU TO FEEL CLEAR-HEADED AND ABLE TO INTELLECTUALLY ENGAGE WITH THE CHALLENGES YOU FACE.**

- Keep a reflective journal.
- Seek and engage with positive, caring friends.
- Develop a healthy habit such as reading, crafting, exercise, cooking, or writing
- Make time for relaxation, even short instances like a shower, bath, or cup of tea.

**MY MENTAL SELF-CARE:**

## EMOTIONAL SELF-CARE

**ALLOWING YOURSELF TO SAFELY EXPERIENCE YOUR FULL RANGE OF EMOTIONS.**

- Develop supportive friendships.
- Write down three positive things from each day.
- Go to a movie, the beach, or watch a show that you enjoy.
- Seek out a support group of some type.
- Talk to a trusted friend about how you are coping mentally.

**MY EMOTIONAL SELF-CARE:**

## SPIRITUAL SELF-CARE

**MAINTAINING A SENSE OF PERSPECTIVE BEYOND THE DAY-TO-DAY OF LIFE.**

- Engage in reflective practices like meditation.
- Take nature walks.
- Go to church, mosque, or temple if you are religious.
- Stretch or practice yoga; there are simple poses available for free online.
- Have tea or coffee with a close friend or family member.

**MY SPIRITUAL SELF-CARE:**

# 10 MINUTE MINDFULNESS MEDITATION

*Find a place where you can sit quietly and undisturbed for a few moments. To begin, you might want to set a timer for about 10 minutes, but after some experience you should not be too concerned about the length of time you spend meditating.*

**Begin by bringing your attention to the present moment by noticing your breathing.** Pay attention to your breath as it enters and then leaves your body. Before long, your mind will begin to wander, pulling you out of the present moment. That's ok. Notice your thoughts and feelings as if you are an outside observer watching what's happening in your brain. Take note, and allow yourself to return to your breathing.

**Sometimes you might feel frustrated or bored.** That's normal – these are just a few more feelings to notice. Your mind might start to plan an errand, or worry about a responsibility. Notice where your thoughts are going, and accept what's happening.

**Whenever you are able to, return your concentration to your breathing.** Continue this process until your timer rings, or until you are ready to be done.



## RESOURCES

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[www.Mindful.org](http://www.Mindful.org)

### Free Apps

Insight Timer

Smiling Mind

Calm