



## Safety

Safety is defined as 'the state of being "safe", the condition of being protected from harm or other non-desirable outcomes. Safety can also refer to the control of recognized hazards in order to achieve an acceptable level of risk.' Staying safe is a message that we have heard a lot, the past months. When we are stressed, worried or anxious, we feel unsafe. We can also feel unsafe when we are hyper! When we feel unsafe, our mind and body is out of balance. It is important to know what makes us feel safe, so we can find our balance when things tip.

Plan:

What makes you feel safe? It might be:

- Being close to someone you care for
- Taking time-in and listening to music or drawing
- Daydreaming
- What else would you add here?



Remember that you can make a difference for your own safety.