

# **What Makes Me Feel Safe and Secure**

## **How are you feeling right now? Can you check-in with yourself?**

It can help to regularly check-in with yourself and rate this over the hours, days and weeks.

- Scale 0-10: 0 being not safe at all and 10 feeling totally secure, with all the numbers representing the levels of security somewhere in between.
- Ok to Not Ok: Ok being exactly that, feeling fine to simply not ok and recognising you don't feel as you want to. This can be a much simpler way of working out how you are feeling at any given moment.

It can help to get into the habit of checking-in with yourself every so often, particularly when we are having to deal with the emotional impact of challenging times.

Here are just a few reasons it can help to know what you are feeling:

1. Helping us to become more aware of our feelings: Often just acknowledging our feelings and becoming more aware of them over time is very helpful for our overall mental health. Have you ever had a time when you just knew something didn't feel right? If you get a chance to sit with it and let yourself accept that you are feeling it, then it can start to become clear.
2. Learning to sense when you have been triggered: If you are feeling something strongly it might also be that something has previously happened that had triggered this feeling in you. This is not always the case but sometimes it is. Over time, becoming aware of what triggers you can help you to come to understand this more subconscious part of your psyche. If you come to understand these triggers then you may start to develop a feeling of being more in control over your feelings in relation to the triggers. Once you know that the feeling may have come from something that triggers you, it can often be that the sting is taken out of the trigger and this can help.

3. Knowing what helps you to feel comfortable and safe: If you become aware of the things that help you to feel comfortable and safe then you can build more of these into your life. Your positive mental health will get a big boost.