

BUILDING YOUR SAFE SPACE

Some places just make you feel this warm, fuzzy, and safe feeling. **And this activity is all about recreating that safe space.**

Creating a safe space can help you feel **more secure and comfortable** in your surroundings. However, it doesn't have to be a big room with candies, a garden full of roses, or anything other physical space. It can be something as small as a little treasure box that you keep with yourself for times when you feel anxious, stressed, worried, or even when you need a little pick-me-up, during the day.

Jump in and let's see how you can build a safe space treasure box for yourself:



Step 1: Get a box

Find a box or container that you can decorate and use to hold your safe space items. It can be a simple box from your kitchen or even a shoe box that you can decorate - anything that works for you!

Step 2: Decorate the box

Use markers, stickers, or other craft supplies to decorate the box however you like. This can be a fun and creative way to personalize your safe space.



Step 3: Create a box of treasures

Fill the box with items that make you feel happy, calm, or comforted. Here are some ideas:

- A soft blanket or stuffed animal
- A favorite book or movie
- Photos of loved ones or happy memories
- A stress ball or fidget toy
- A scented candle or essential oil
- A journal or sketchbook
- A puzzle or game
- A favorite snack or treat
- A piece of jewelry or another special item



Step 4: Add a jar of affirmations

Create a jar filled with positive affirmations that you can read when you need a boost. Here are some examples:

- I am capable of handling anything that comes my way.
- I am worthy of love and respect.
- I trust my intuition and make decisions that are right for me.
- I am strong and resilient.
- I am grateful for all the good in my life.
- I am proud of myself and my accomplishments.
- I am deserving of happiness and fulfillment.
- I am a valuable and important person.
- I am surrounded by love and support.
- I am enough just as I am.



Step 5: Decorate the affirmations

Print out the affirmations on small cards and decorate them with drawings or designs that make you happy. You can even add glitter or stickers to make them extra special.

Step 6: Add pictures or other personal items

Include photos of people or places that make you happy, or add other items that have special meaning to you. This can help make your safe space feel even more personal and comforting.

Step 7: Use your safe space when needed

Whenever you are feeling anxious, sad, or worried, take a break and spend some time in your safe space. Use the items in your box of treasures to help you feel better, and read the affirmations in your jar to remind yourself of your worth and strength.

By following these steps, you can create a safe space that is unique to you and helps you feel more secure and grounded.

PS: Scroll down for some surprise printable affirmations!

If you or someone you know is looking to seek professional help, reach out to us at **The Mood Space**, <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.



PRINTABLE AFFIRMATION CARDS

I am capable of
handling anything
that comes my way.

I am a valuable and
important person.

I trust my intuition
and make decisions
that are right for
me.

I am strong and
resilient.

I am grateful for all
the good in my life.

I am proud of myself
and my
accomplishments.



PRINTABLE AFFIRMATION CARDS

I am deserving of
happiness and
fulfillment.

I am worthy of love
and respect.

I am surrounded by
love and support.

I am enough just as I
am.

