



What is it?

- A short routine where you consciously remind yourself that you are safe, using soothing words, touch, or movement.

Why does it work?

- It calms the amygdala (the brain's alarm system) by activating the parasympathetic nervous system and reinforcing a sense of security.

What helps you feel safe in your body or environment?	Ask and answer these questions as part of your Safety Sequence Routine:
	<ul style="list-style-type: none">• Step 1: Ask Yourself: Am I safe?• Step 2: Ask Yourself: Do I feel Safe?• Step 3: Acute relaxation – rag doll or physiological sigh