

Safe Coping Skills

- ❖ Seek Safety
 - Contact someone safe.
 - Keep boundaries between yourself and unsafe people and things.
 - Leave an unsafe situation.
 - Do anything you need to do to stay safe.
- ❖ Create Healthy Options
 - Respect yourself.
 - Choose the safest option for you.
 - Talk positively to yourself.
 - Do your best with what you have.
 - Try a new safe choice.
- ❖ Act Early
 - Pay attention to your instinct (red flags).
 - Watch for danger before it becomes a problem.
 - Stay away if you suspect something or someone is unsafe.
- ❖ Make Healthy Connections
 - Ask a safe person for help.
 - Leave unsafe relationships.
 - Connect with local resources.
 - Share with safe people what you need.
- ❖ Take Good Care of Yourself
 - Listen to your body, thoughts, and feelings to feel safe.
 - Be kind to yourself in your words and actions.
 - Find something you like about yourself.
 - Make safe choices that treats your body with respect, like eating right for you, sleep, safe sex.
- ❖ Reflect and Grow
 - Ask for feedback from safe people.
 - List the things that are in your control.
 - Seek the experience and wisdom from safe people.
 - Choose to learn new things that are safe for you.
 - It's OK to cry. Growth can feel uncomfortable, but you will get through it.
- ❖ Focus on your goals
 - Set safe goals for yourself and tells others about them. You're more likely to do it when you have accountability.
 - Break big goals into smaller steps. Even a small step is still a step.
 - Make a schedule for yourself to stay focused.
- ❖ Stay Motivated
 - Find safe things that inspire you.
 - Remind yourself about what is meaningful to you in your life.
 - Be active in how you approach things or ask someone where you can start.
 - Keep practicing new safe things that you learn.
 - Keep moving forward and never give up!