

FINDING SAFETY WITHIN

Visualise the heart shape given below as a mirror to your own heart.



Take a moment to reflect on the things in your life that give you a sense of security. You can jot them down, use symbols to represent them, or use colours to express your feelings.

This activity is a creative way to explore what your heart holds, what brings it comfort and makes it feel safe.

You have the freedom to decide whether you'd like to follow a structured approach or let your expressions flow naturally, allowing your heart to be what it wants to be and find safety within. :D

Some prompts that you may use:

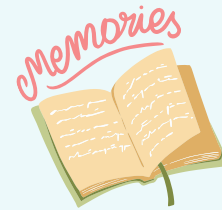
- **Inner Strengths:** Any personal qualities or strengths that make you feel safe. For example, you can draw a shield to symbolise protection, a ladder to represent climbing over challenges, or a sun to reflect your resilience.



- **Affirmations:** Add positive affirmations or phrases that enhance your sense of safety. For eg, "I am secure," "I trust myself," "I am enough." These affirmations could also be the name of your favourite song that uplifts you.



- **Memories:** You can include memories or experiences that made you feel safe and secure. You can either draw or describe these moments briefly.



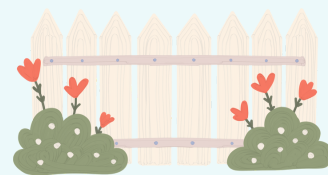
- **Seeking Support:** Think about your surroundings. What are some elements around you that make you feel secure and comfortable? Who are the people in your life who provide emotional support and contribute to your sense of safety?



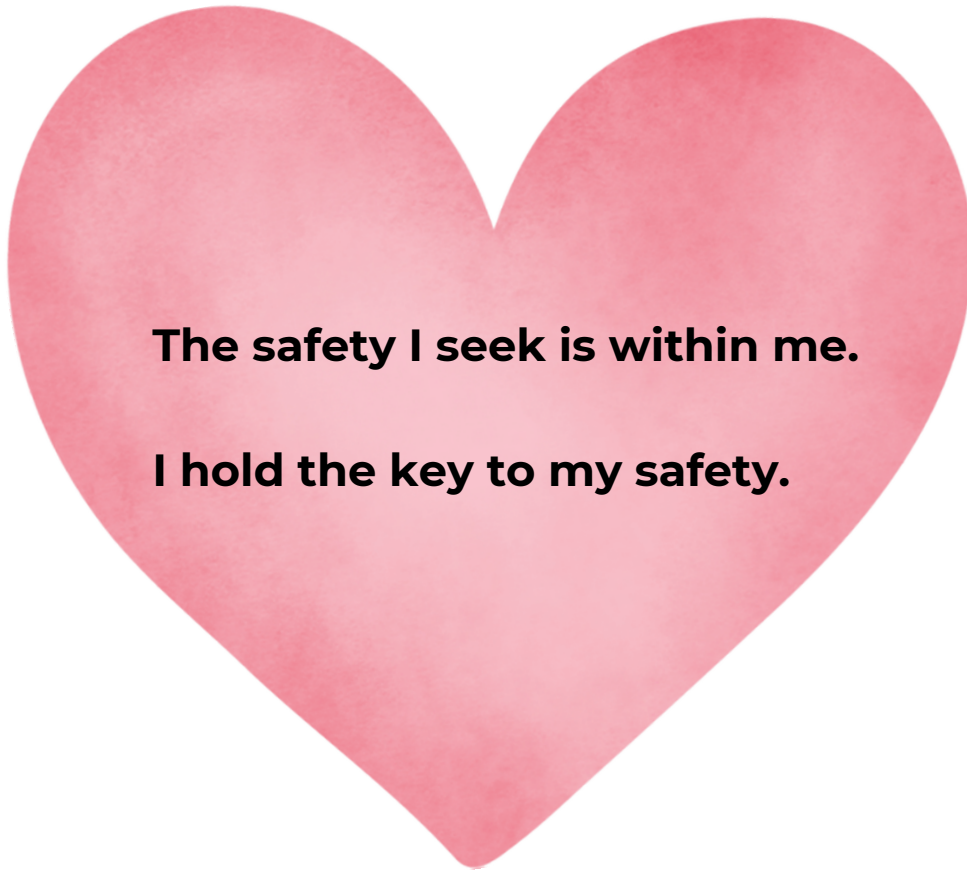
- **Self-Care:** Draw or write about self-care practices that nurture your sense of safety. For eg, a cozy blanket, a cup of tea, a book, or even a colour that may make you feel secure.



- **Boundaries:** Highlight your personal boundaries by depicting them in the heart. You can draw a fence or use words like "healthy boundaries", or just write your name in a box and highlight it in a way that it signifies your boundary.



Remember, there is no right or wrong way to do this activity. You can express yourself however you want. After all, the end goal is to help you realise that safety resides within you. And, whenever you want to seek it, you can simply look within.



The safety I seek is within me.

I hold the key to my safety.

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.