

## Activity 2: Identifying My Safe Spaces

A **safe space** is any environment—whether physical, emotional, or mental—where you feel secure, comfortable, and supported. This space helps you recharge, feel at ease, and be yourself. Everyone has different safe spaces and this worksheet will guide you by identifying your safe spaces.

### 1. Identifying Physical Safe Spaces

Think about the places where you feel most at ease and physically secure. These may be in your home, outdoors, at work, or any other location that makes you feel safe.

**Ask yourself:**

- Where do I feel most comfortable and safe physically?
- Are there places I go to when I need to relax or recharge?
- What features of these places make me feel secure (e.g., lighting, comfort, privacy)?

**Write down your physical safe spaces:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### 2. Identifying Emotional Safe Spaces

Reflect on people and relationships that make you feel emotionally safe. These are the connections that help you feel supported, understood, and valued.

**Ask yourself:**

- Who are the people I feel emotionally safe with?
- What is it in these individuals that makes me feel emotionally supported?

**Write down your emotional safe spaces:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### 3. Identifying Mental Safe Spaces

Think about the mental spaces or activities that help you feel clear-headed, grounded, and at ease. These could include hobbies, mindsets, or moments of peace that help you relax mentally.

#### Ask yourself:

- When do I feel mentally clear and focused?
- What activities help me calm my mind and make me feel relaxed?

#### Write down your mental safe spaces:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

You now have a clearer understanding of your physical, emotional, and mental safe spaces. These spaces are resources you can tap into whenever you need to nurture your well-being. Remember to prioritize your safe spaces regularly, especially during times of stress or challenge.

