

*A Nervous System That Feels Safe ... Heals Better.*

*Use this care plan daily — especially when you feel stuck in survival*

 *These techniques retrain your brain + body to recognize safety faster*




## Prioritize S.S.O.S.

## Signs & Signals Of Safety

Recognizing that a nervous system 'anchor' or self-regulation tool is truly working means noticing clear, often times subtle yet measurable shifts in your body, emotions, thoughts, and interactions. These shifts indicate that your system is Increasing Its capacity for safety and Presence.





### **SETTLE THE SIGNALS** Soften your inner alarms.

-  Try a slow straw breath
-  Listen to safe & familiar sounds
-  Use grounding scents like lavender or frankincense






### **SPEAK SAFETY TO YOURSELF** Your tone matters.

-  Whisper calming phrases:
- "You're safe now." "This moment is manageable."
-  Use your name in self-talk — it helps create a sense of care






### **OFFER TOUCH**

Safe contact = deep reset.

-  Place hand over your heart + belly
-  Weighted blanket or gentle pressure
-  Rocking or swaying movements






### **SEE & SENSE SAFETY** Your eyes guide your state.

-  Soft gaze on something beautiful or neutral
-  Step into natural light
-  Look at calm, predictable environments



### **ORIENT TO HERE & NOW** Survival resets when we land in the present.

-  Name 3 things you see, 2 things you hear, 1 thing you feel
-  Anchor with breath + surroundings
-  Movement with mindful intention



We can Walk this Path Together