

# Youth **SAFETY**

## **Creating a Calm Space**

Description: Do you often feel overstimulated and overwhelmed? Do you find comfort in quiet spaces and calm environments? Creating a comfortable space and minimizing clutter can have a positive effect on our mood, thoughts, and behaviors at home, in the classroom, or at the office.

Link: <https://bit.ly/3QNbepU>

## **Feeling Safe**

Description: Finding ways to focus on safety and building a sense of control over aspects of life can help you feel more grounded. Use this worksheet to think through how you can increase feelings of security in life.

Link: <https://bit.ly/3Tc7csx>