



FEELING SAFE

When faced with danger or stress, our brains instinctively enter a "fight, flight, or freeze" mode. Prolonged exposure to adversity can cause us to remain in this heightened state even after the threat has passed. This constant hypervigilance, characterized by tension and anxiety, prevents us from accessing the more beneficial resources our brains can offer.

However, when we feel safe, our brains begin to relax. This sense of calm allows us to explore strategies and solutions that can provide relief or a "shelter from the storm" of emotions such as sadness, anxiety, anger, fear, or confusion.

ACTIVITY

Your safety network is made up of trusted adults who will listen, believe you, and help when you feel unsafe.
Write down:

One trusted adult at school

One trusted adult outside of school

One place where you feel safe

One activity that helps you feel calm

Follow for more resources!
[@freeyourfeelsga](https://www.instagram.com/freeyourfeelsga)



"Free Your Feels" is a mental health awareness campaign encouraging Georgia's young people to explore their real **feelings** and **free** them fearlessly.

RESOURCES

A **safe space** is an environment where individuals can feel assured that they will **not** face discrimination, criticism, harassment, or any other form of emotional or physical harm. To create your own safe space, consider incorporating the following elements:

- **Take deep breaths.**
- **Listen to calming music.**
- **Create a comforting space with familiar items or sensory tools like fidgets, weighted blankets, or tactile toys.**
- **Try a calming activity like mindfulness, yoga, reading, journaling, art, puzzles, or breathing exercises.**

VOXATL

Read poetry written by teens at VOX

ATL exploring what it means to feel safe, accepted, understood, and free to be yourself.



Check out the **FYF Guide to Creating a Quiet Room** for simple ideas to get started.



988 is the Suicide & Crisis Lifeline, offering free 24/7 support for mental health emergencies.

**ACCESS MORE
RESOURCES AT
[FREYOURFEELS.ORG](https://www.freeyourfeels.org)**