

Safe in my environment *environment= the physical space you are in (home etc)

Page 1 Green zone: When I am feeling good and safe in my environment

Page 2 Amber zone: When I am feeling sometimes feeling uncomfortable and not safe in my environment

Page 3 Red zone: When I am feeling uncomfortable and not safe in my environment

When I am feeling good and safe in my environment...	What I can do to stay in the green zone...	Others can help by....
<p>I feel calm I feel relaxed I feel content.</p> <p>It is ok to feel what I need to feel even when the feeling feels big!</p> <p>My mind has space to think and focus.</p> <p>My body and mind are safe from myself.</p> <p>My body and mind are safe from others- no one is hurting me.</p> <p>My body and mind are safe to others- I do not want to hurt anyone.</p>	<p>I give myself permission to feel big feelings. I write these feelings in a journal. I use art to express my feelings. I use music to express my feelings.</p> <p>I exercise to look after my body and mind. I meditate to look after my body and mind.</p> <p>I share my thoughts and feelings with a trusted family member or friend.</p> <p>I share my thoughts and feelings with a trusted professional such as a school counsellor.</p> <p>I give myself permission to take a time-out and some time to rest and reflect in order to help my body and mind regain energy.</p> <p>Further tips to help stay in the green zone can be found here:</p> <p><u>Student wellbeing resources for students</u></p>	<p>Making and sticking to agreements that prevent us from reaching uncontrolled and unsafe tension. For example:</p> <p>Other people give me permission, time and space to feel big feelings.</p> <p>Other people give me the physical and emotional space to take a time-out and be away from others to be myself.</p>

<p>When I am somewhat feeling uncomfortable and not safe in my environment....</p> <p>I feel anxious, I feel unsettled, I feel overwhelmed, I feel stressed.</p> <p>I am often worried about how I am feeling and I am unsure how to manage this.</p> <p>I sometimes struggle to think clearly and my mind feels full.</p> <p>My body and mind sometimes feel unsafe to myself- I am worried I may hurt myself.</p> <p>My body and mind sometimes feel unsafe from others- I am worried someone may hurt me.</p>	<p>What I can do to keep this manageable/ return to the green zone...</p> <p>I continue to exercise to look after my body and mind even though this sometimes feels hard to do.</p> <p>I continue to meditate to look after my body and mind even though this sometimes feels hard to do.</p> <p>I continue to try and write my feelings in a journal. I continue to try and use art to express my feelings. I continue to try and listen to music to express my feelings.</p> <p>I can contact a trusted adult to talk:</p> <ul style="list-style-type: none"> - Ms Hilkes-Leane - Designated Safeguarding Lead (DSL) - e.hilkesleane@ishthehague.nl - A member of the Student Wellbeing Team - studentwellbeing@ishthehague.nl - <p>I can also contact someone out of school:</p> <ul style="list-style-type: none"> - Call 0800 0432, or chat on kindertelefoon.nl This is anonymous - Chat to health professionals online at GGD: https://www.jouwggd.nl This is also anonymous 	<p>Others can help by....</p> <p>Offering me space when I need a physical or emotional space to take a time-out.</p> <p>Reminding me to speak to someone about how I am feeling.</p> <p>Evaluating the agreements that prevent us from reaching uncontrolled and unsafe tension.</p>

<p>When I am feeling uncomfortable and not safe in my environment....</p> <p>I am anxious. I am unsettled. I am overwhelmed. I am stressed.</p> <p>I can not manage how I am feeling and I do not know what to do.</p> <p>I can not think clearly and my mind feels overloaded.</p> <p>My body and mind are unsafe to myself- I am or plan to hurt myself.</p> <p>My body and mind are unsafe to someone else- I am or plan to hurt someone.</p> <p>My body and mind are unsafe from someone else- someone else is hurting me.</p>	<p>I am now in a crisis and need to one of the following steps:</p> <p>In a crisis I can always talk to a trusted adult:</p> <ul style="list-style-type: none"> - Ms Hilkes-Leane - Designated Safeguarding Lead (DSL) - e.hilkesleane@ishthehague.nl - A member of the Student Wellbeing Team - studentwellbeing@ishthehague.nl <p><u>Note: During non school hours and holidays Ms Hilkes-Leane and Student wellbeing may have a delay in responding to you. Please also contact one of the options below in order to ensure you get an immediate response to your crisis.</u></p> <p><u>Call 112:</u> in case of a physical health crisis, such as poisoning, a cut that is very deep and bleeding non-stop, or a suicide attempt.</p> <p>Call 0800 0432, or chat on kindertelefoon.nl Call 113 or chat on 113online.nl Call the police (non-urgent) 0900 8844</p>	<p>What others need to do is...</p> <p><u>Call 112 on your behalf-</u> In case of a physical health crisis, such as poisoning, a cut that is very deep and bleeding non-stop, or a suicide attempt.</p> <p><u>Call 113 on your behalf.</u></p> <p><u>Call your GP for you-</u> for consultation, and in case of active self-harm and present suicidal plans: out of office call huisartsenpost. That is referred to in the recorded voice message</p>
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