

# INSPIRATIONAL LIST TO CREATE SAFETY CARDS

Getting help from others		
Local psychiatric number	Trusted relatives	Spouse
Co-worker confidant	Friend	Hotline number
Items		
Tangles	Stress balls	Earplugs
Headphones	Fidget spinner	Blankets
Medication	Favoured things	Rubber bands
Keychains	Light	Phone
Tablet		
Activities		
Puzzles	Reading	Drawing
Woodwork	Rest	Sleep
Listening to music	Watching tv	Playing a beloved game/app
Crosswords	Sudoku	Meditation
Mandelas	Going for a walk	Cuddling a pet
Knitting	Baking	Sorting something
Stimming		
Environment		
Silence	Minimizing sensory stimuli	Lying in bed in darkness
Need help to structure	Need help to prioritize	Need a hug
Need to just be next to someone	Holding hands	Softness
Weighted blankets/vests	Go away from situation	Get fresh air
Your own words		

