

January 2023: Safety Plans  
Sanctuary Monthly Training

**Safety Plan** – a list of activities that a person can choose when feeling overwhelmed so that she/he can avoid engaging in unsafe behaviors.

- Safety plans are a visual and concrete reminder for both staff and individuals about the need for each person to manage emotions in the services of keeping themselves and others safe.
- Safety plans should include both activities that one can do alone as well as those that involve others.
- The activities should be appropriate to the time and place (i.e. leaving to get a coffee when you are the only staff on duty would not be appropriate.)

**Why:** Safety plans serve the purpose of maintaining safe through emotion management.

- It also helps people feel a sense of control over feelings and behaviors that have felt beyond their ability to control.
- It is often a good place to start when making safety plans with individuals to identify what types of emotions are most difficult for them to manage – it may not only be anger, but sadness or anxiety that require the use of a safety plan.
- The exercise of creating a safety plan can be a lesson in emotional intelligence.

There are 4 domains of safety that we refer to when we are creating safety plans.

- Most of us only think of physical safety, but it is worth examining the others as well, since sometimes our unsafe behaviors are more likely to be on one of the other categories.

**Physical safety** – do you tend to hit or destroy property?

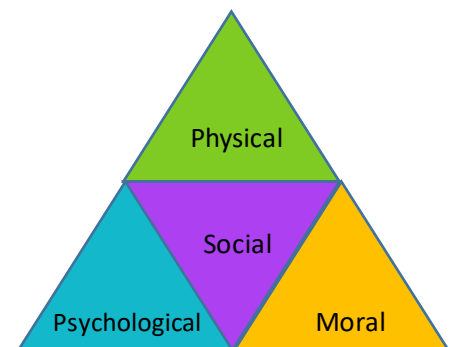
**Psychological safety** – do you become suicidal? Or experience negative self-talk?

**Social safety** – do you tease, name-call or shame others?

**Moral safety** – do you share harmful secrets? Collude with someone who is doing something wrong?

**What are self-regulating options?**

- You can do them yourself
- They are relational tools
- They can be done anytime anywhere!



This is a great time of year to evaluate your safety plan. Is it working for you? Do you want to add anything new?