

Safe Spaces



Session Layout

- Grounding
- Check in
- Introduction and keywords
- What is a safe space?
- How do we create safe spaces?
- How can we use these skills within XR?
- Debrief and check out
- Takeaway

Key words

- Neurotypical
- Emotional, mental and Physical health
- Introverts, Extroverts and Ambiverts
- Safe Spaces
- Emotional Labour
- Support Circles
- Burnout

What a safe space is not



The first step to creating a safe space is the acknowledgement that life is difficult - a safe space is NOT a place of denial.

What a safe space is



Reminder:

The kind of safe spaces we require, as individuals and as part of XR, are going to change drastically based on individuality and circumstance

Not everything we suggest will work for you. Start practicing now if you're intending to join the May rebellion.

Places to create safe spaces

In your head

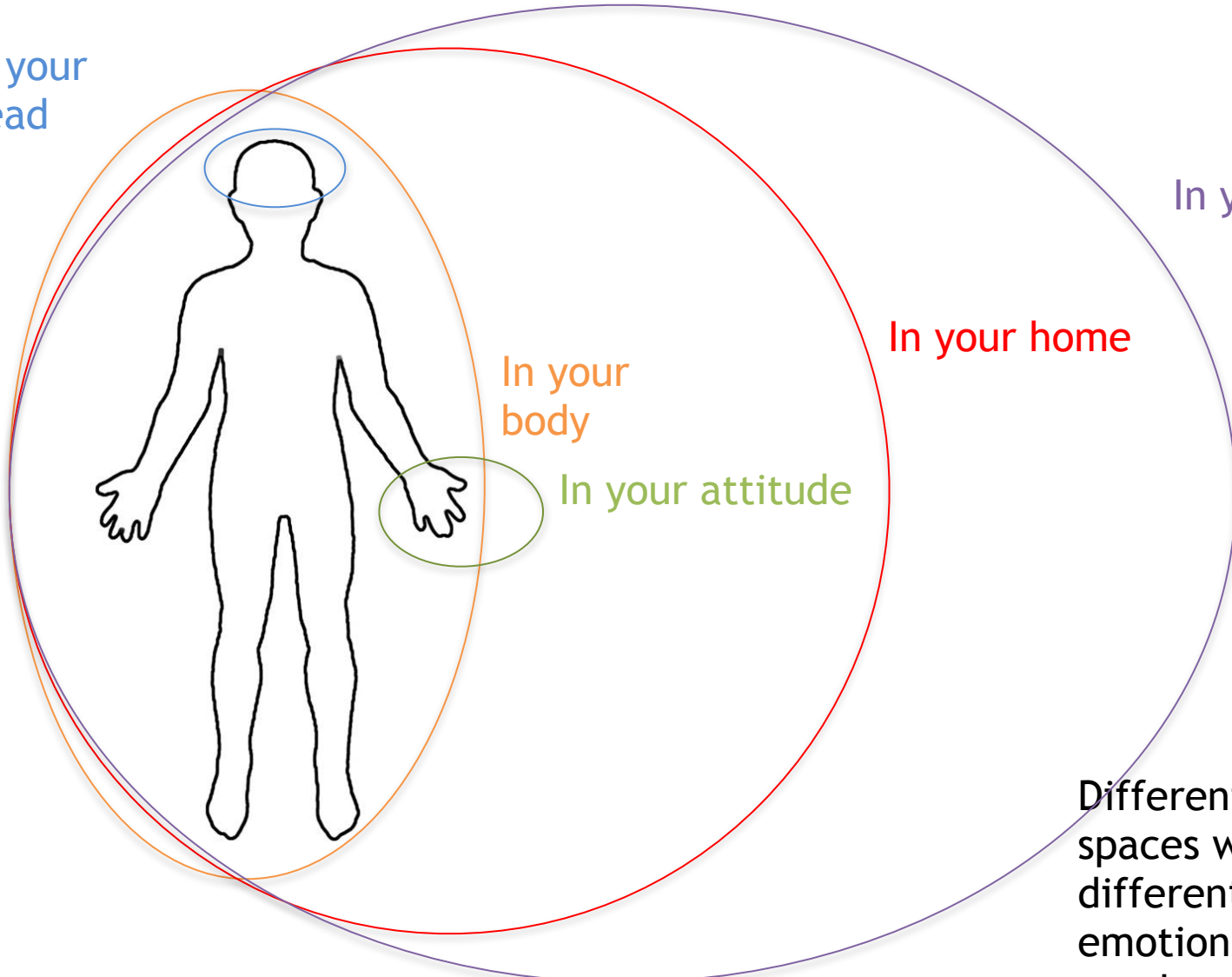
In your social circle

In your home

In your body

In your attitude

Different types of spaces will address different mental, emotional and physical



So how do we create safe spaces?

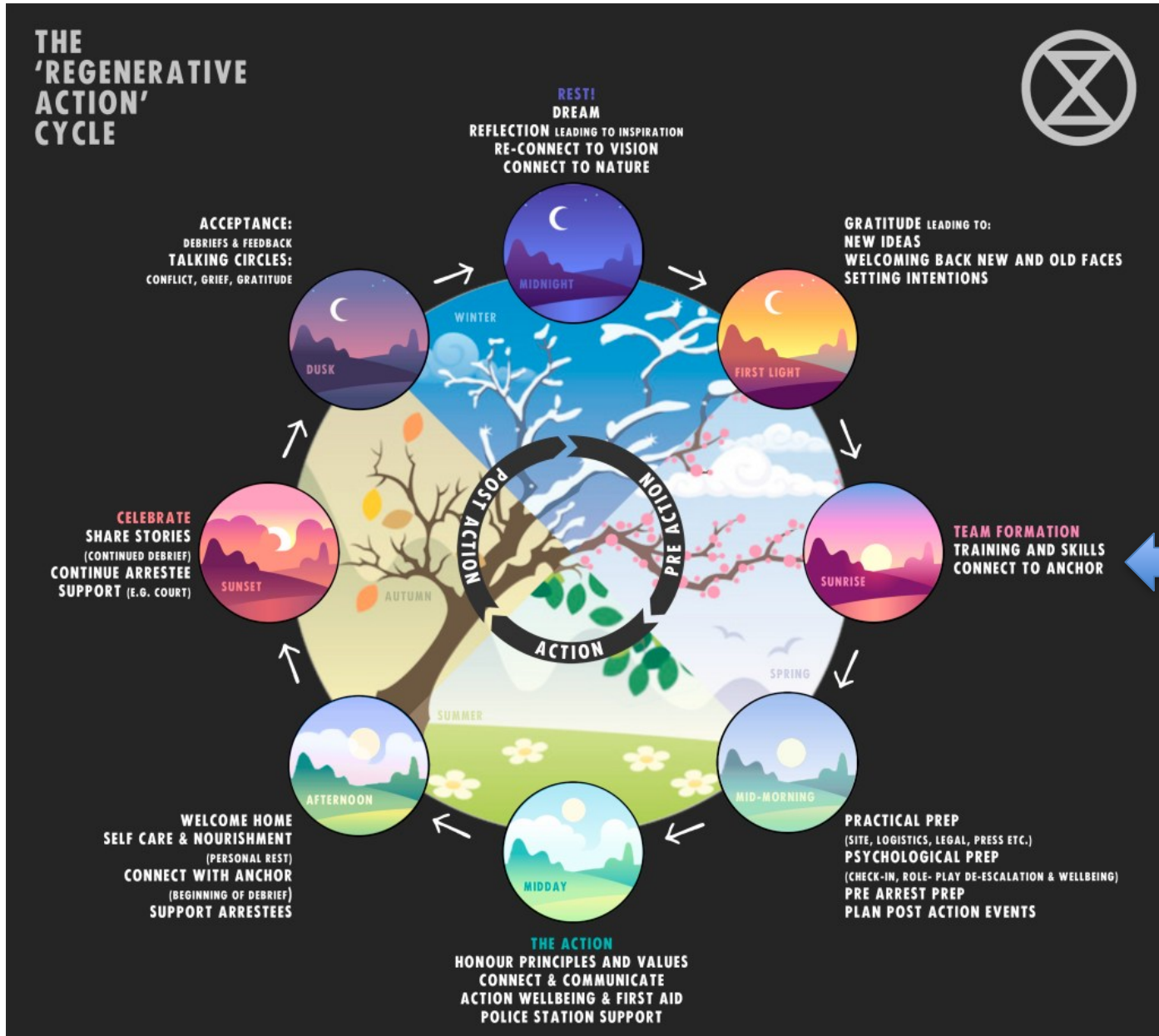
Mental:

- Grounding
- Deep Breathing
- Meditation
- Sense-tapping
- Visualisation
- Preparation
- Humour
- Social Support

Physical:

- Eat properly
- Sleep properly
- Rest
- Exercise
- Self-awareness

Safe Spaces and the XR Regen Cycle





Check-out

- How are you feeling about these methods?
(Remember this applies to both your day to day life and your time with XR, you can talk about either or both)
- What safe space creation methods do you already use?
- What do you want to try?

Take away task: Find an anchor

An anchor is:

- Somebody you can talk to when you're on an action who **isn't present at the action**
- Somebody who you **trust**
- Somebody who you **respect**
- Somebody who **respects you**
- Somebody you don't feel guilty about ringing at 4am - and who is aware that you might do so!
- Somebody who supports what you're doing