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do you not only want to be safe but feel safe too aside from addressing things like mental illness or trauma you can put these 8 tips into practice to feel more secure at home or in any other environment

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1 create a peaceful haven look around you and notice what you see and feel consider the environment you re in is it clean or cluttered did you know that cluttered spaces can make you feel more anxious and stressed to find a sense of safety try to create a peaceful environment

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the significance of feeling safe cannot be overstated as it directly impacts stress responses influencing overall health and happiness this foundational aspect of human experience

shapes how we interact with the world affecting our ability to connect with others pursue goals and engage in daily activities

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feeling safe stable and secure is central to our health and wellbeing how safe we feel can influence our social habits and feeling of freedom when we feel safe we find it easier to relax do all the things that comfort us and focus on our relationships and the work or study we need to do feeling safe at home

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safety is among the most powerful motivators of human behavior which also makes the drive to feel safe a potent accelerant for confusion disinformation and panic staying safe requires

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feeling happy feeling safe is a series of videos designed for pre school children to watch with parents carers or professionals each short film aims to spark conversations about emotions and safety providing discussion questions to engage children in meaningful dialogue

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by jeanne preisler every human has emotions we feel happy some times and mad at other times we can feel angry silly and excited all in the same day one emotion we often feel without

consciously knowing it is the feeling of safety feeling safe is not something we discuss often for example when a friend asks how are you

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feeling happy feeling safe is a series for pre school children to watch with parents carers or professionals each short film is designed to open conversations about emotions and safety and supplies discussion questions the series has been developed from kidscape founder michele elliott's original book of the same name link

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like 33k views 6 years ago emily says no when jack tells her to do something silly the children practice saying no has anyone asked you to do something silly or something that isn't

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a child can feel secure and happy when they know they are accepted for who they truly are 6 instead of pushing our ideals and expectations on our children giving them space to unfold and

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how do our brains respond to social interactions and what makes us feel safe and connected to others this article explores the neuroscience of social bonding and offers some tips on how to

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