

The Safety & Sanity Starter Kit

The New Horizon Guide: Reclaiming Your Identity and Digital Boundaries

Scenario: Separated from an abuser (Individual focus).

"You have crossed a threshold and are now standing on the ground of your own life. This guide is a celebration of that new space — a toolkit for turning your house into a home and your heartbeat into a steady rhythm of peace. Reclaiming your sanctuary takes time, and there is no rush to heal. Use these pages to set your own boundaries, rediscover your own voice, and breathe into the quiet you have fought so hard to find. You are home now, and you are in control."



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The SAFE Framework (My Environment)

Focus: Securing your new physical and digital spaces through privacy locks and boundary setting to reclaim a sense of peaceful ownership

S – Sanctuary: Focus on Hardening the Target

- Physical Security: Change all external locks immediately and consider sensor lights or a doorbell camera for the main entry.
- The "Peace Zone": Dedicate one spot in your home solely to rest where no difficult phone calls or stressful paperwork are allowed.
- Reclaiming Scent/Sound: Use your own choice of candles or music to "wash off" old memories and mark the space as your own.

A – Agency: Focus on The Power of "No"

- "Not Today" Permissions: Give yourself permission to decline invitations or requests without needing to provide a reason or excuse.
- Small Wins: Reclaim your power through small daily decisions—choose what you eat, wear, or watch based only on your preference.



- Digital Boundaries: Unfollow or block any accounts that make you feel "on edge" or allow the abuser to track your new life.

F – Foundations: Reconnect with Professional Pillars

- Legal Support: Contact Women's Refuge or a lawyer to ensure Protection Orders are active and understood by local police.
- The "Safe Three": Identify three people you can text or call when things feel heavy, even if it's just to sit in silence.
- NZ Support Services: Keep Safe to Talk (0800 044 334) saved for moments when you need professional trauma-informed advice.

E – Ease: Respect the Healing Ebb

- The Bare Minimum: On low-energy days, accept that doing the laundry or making one meal is a successful day.
- Body Check-In: Ask yourself three times a day: *"What does my body need right now—rest, movement, or a glass of water?"*
- No-Deadline Healing: Remind yourself that healing is an ebb and flow; there is no "right" speed to feel better.
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The SANE Framework (My Inner Self)

Focus: Prioritizing nervous system repair and identity reclamation to shift from "crisis mode" to true sovereignty on your own terms

S – Sensory Softening: Teaching your body that it is safe to relax

- Weight & Warmth: Use a heavy blanket or a warm wheat bag. These sensations tell your brain the "high alert" phase is over.
- Safe Scents: Introduce a specific scent (lavender or cedar) that *you* chose to "re-code" your environment as a sanctuary.
- Lighting Control: Use soft, warm lamps instead of overhead lights to create a visual environment that invites your eyes to rest.

A – Authenticity Check: Rebuilding the "You" that existed before the noise

- Preference Practice: Ask yourself: *"What do I actually want to eat/watch/listen to?"* Making solo choices builds your "agency" muscle.
- Voice Reclamation: Sing, hum, or speak out loud in your own space. Hearing your own voice in a peaceful environment is deeply healing.



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- Mirror Work: Look at yourself and acknowledge your resilience. Remind yourself: *"I am the one in charge of this space now."*

N – Nurture the Gap: Being kind to yourself during the "waves" of recovery

- Grief Permission: Acknowledge that it is okay to feel "low" even when you are safe. Healing isn't a straight line; it has an ebb and flow.
- Self-Compassion: Replace *"I should be over this"* with *"My body is doing its best to process a very hard time."*
- The "Nothing" Hour: Schedule time where you are allowed to do absolutely nothing without feeling guilty.

E – Equilibrium Rituals: Finding your steady center through new anchors

- Morning Karakia/Intention: Start the day with a quiet word or a specific movement that belongs only to you.
- Evening Reset: Create a "Closing the Day" ritual—dimming the lights or a cup of tea—to tell your body it is safe to sleep.
- Nature Grounding: Spend five minutes outside with your feet on the grass (*Whenua*) to reconnect with the world beyond your walls.

