

## The Safety & Sanity Starter Kit

### *The Quiet Strength Guide: Navigating Daily Safety and Personal Peace*

*Scenario: Living with an abuser (Individual focus)*

*"You are navigating a space that requires immense strength and constant awareness. This guide is a quiet ally, designed to sit beside you in the shadows where privacy is your greatest protection. We recognize the courage it takes to plan for your safety while standing in the center of the storm. Everything here is for your eyes only—to be used in the small, silent windows of time you find for yourself. You are the expert of your own life, and we are simply here to offer a map for the path you are already walking."*



## The SAFE Framework (My Environment)

Focus: Prioritizing stealth and physical protection through hidden entry/exit protocols and constant exit readiness

### S – Sanctuary: Focus on Room-to-Room Safety

- Identify "Safe Zones": Map out which rooms have internal locks, and which have two clear exits (windows or doors).
- Avoid High-Risk Areas: During tension, stay away from kitchens (knives), garages (tools), or small rooms with no second exit.
- Furniture Placement: Position yourself so you are always closer to the door than the other person is.

### A – Agency: Focus on Stealth Control

- Digital Privacy: Use incognito/private tabs for all safety planning and delete call logs to support agencies immediately.
- The Stealth "Go-Bag": Keep essentials (ID, cash, keys, meds) hidden in a neutral spot, like a locked car or at a trusted friend's house.
- Communication Stealth: Rename sensitive contacts in your phone (e.g., save a support worker as "Pharmacy" or "Electrician").



## F – Foundations: Establish a Silent Signal

- The "Code-Word" Text: Agree on a phrase with a friend (e.g., "Did I leave my charger at yours?") that means "Call 111 for me now."
- Silent 111 Procedure: Know the "Push 55" rule—if you call 111 and can't speak, press 55 to alert the operator you are in danger.
- Checked-In Contact: Have one person who knows your daily routine and will call for help if they don't hear from you by a set time.

## E – Ease: Practice Strategic Calm

- Silent Box Breathing: During conflict, inhale/exhale silently to keep your heart rate down so you can stay alert to exit routes.
- Observational Awareness: Keep your eyes moving rather than "locking" onto the threat; this prevents your brain from freezing.
- Energy Conservation: When the house is quiet, prioritize total rest over chores to ensure you have the "fuel" for the next escalation.



## The SANE Framework (My Inner Self)

Focus: Managing hyper-vigilance and the "survival fog" through intentional grounding and stealth internal clarity

### **S – Stealth Soothe: Using quiet physical cues to lower your heart rate**

- Invisible Release: Tense and release your toes or glutes. This "burns off" cortisol without alerting anyone else in the room.
- Finger Tap: Gently tap each finger to your thumb in a rhythmic sequence to give your brain a motor task to focus on.
- Cold Water Reset: If you can get to a bathroom, splash cold water on your face or wrists to physically "shock" your nervous system into a calmer state.

### **A – Assess the Peak: Creating a mental buffer between their behavior and your reality**

- Mental Labeling: Silently say, "This is their anger/projection; it is not my truth." This creates a psychological barrier.
- Temperature Check: Mentally categorize the escalation as a "weather pattern" that you are observing from a safe internal distance.



- **Fact-Finding:** Mentally list three objective facts about the room (e.g., "The carpet is blue, the window is shut") to pull your brain out of an emotional spiral.

## **N – Notice the Exit: Staying "switched on" and present in your body**

- **Tactile Anchor:** Touch a physical object — a ring, a pocket, or your sleeve—to prevent dissociation and stay grounded.
- **Peripheral Vision:** Soften your gaze to see the whole room, including exits, signaling to your brain that you are not "trapped."
- **Sound Tracking:** Identify three distinct sounds you can hear in the distance to keep your auditory senses sharp and present.

## **E – Energy Economy: Protecting your "fuel" for when you need it most**

- **The Quiet Window:** When the house is calm, prioritize total rest over chores. Your nervous system needs this "recharge" time.
- **Low-Output Mode:** Give yourself permission to do only what is essential. Conserving energy is a vital part of your active safety strategy.
- **Selective Listening:** Practice "tuning out" minor verbal jabs to save your emotional energy for actual physical safety needs.

