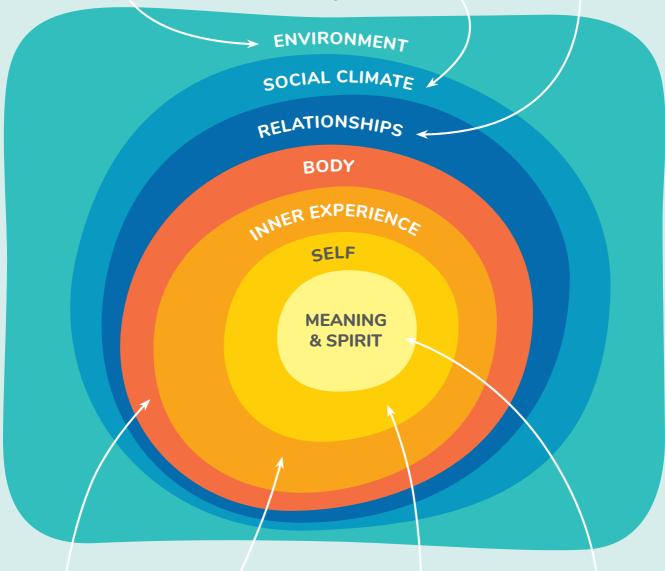
Sense of Safety for Clinicians

Do you have anywhere to rest where you are not feeling threatened?

Do you have any online community space where you are free from threatening or demanding content?

In your closest relationships is there fun and safe warm connection?



Can you help your body to feel calm for moments in your day? Can you find comfort to still your mind and see things in perspective calmly?

Are you feeling safe enough in yourself to face your life tasks?

Do you have any meaningful way to hold onto hope in the midst of your day to day life?



WEB

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This model of self-care is the outcome of a transdisciplinary project that integrates attachment, trauma-informed, psychophysiology and stress research in the context of whole person approaches to distress in primary care.

More on the sense of safety framework can be found in *A Whole Person* Approach to Wellbeing: Building Sense of Safety (2020 Routledge).

Lynch, J.M., Sense of Safety: a whole person approach to distress, in Primary Care Clinical Unit. 2019, University of Queensland: Brisbane. © Copyright 2020 Dr Johanna Lynch.