

### Language of Safety

- ✓ Reminding myself to use non-blaming language or behaviour.
- ✓ Establishing shared meaning with older relatives about what is safest behaviour.
- ✓ Owning my feelings, thoughts & behaviour.
- ✓ Checking in with people to get Clarity – does 'doing fine' really mean that?

### One Step Removed

- ✓ Asking myself the questions 'What if ..... as a way to freethink alternative responses/choices.
- ✓ Using 'Let's pretend ....' to help family members and friends imagine what they could do now and what to look forward to.
- ✓ Imagining what some of the PB Elders might advise?

### Protective Interruption

- ✓ Choosing to disconnect from Social Media before feeling overwhelmed.
- ✓ Spending time gardening or doing jigsaw puzzles.
- ✓ Walking (& talking to) my dog every day.
- ✓ Reminding people they need to give me or other people 'safe space'.
- ✓ Pro-actively doing safe things to feed my mind, body & soul daily.

### Theme Reinforcement

- ✓ Telling myself every day 'We all have the right to feel safe all the time' & 'We can talk with someone about anything, even if it feels awful or small'.

## Using the Protective Behaviours Strategies during Covid 19

### Risking on Purpose

- ✓ Venturing out to get 'essentials' from local small shops.
- ✓ Saying 'No' to people who wanted training to continue.
- ✓ Postponing training & hoping organisations will re-book later this year.
- ✓ Making new Balloon Models & bracing myself for when they so often POP!!!!

### Persistence

- ✓ Setting & sticking to routines.
- ✓ Returning to tasks when I get distracted.
- ✓ Following advice & staying home.

### Network Review

- ✓ Building new networks to nurture myself & support others.
- ✓ Checking in with 'Network People' to maintain connections.
- ✓ Reflecting on connections that nourish rather than drain.