Thu, 12 Nov 2020

If you look around your space right now with a trauma informed lens, pick out a couple of items, objects or spaces that are a source of comfort, that feel safe, that cannot pay for feeding cats, property, social fur, motivated or being truly yourself. Share anything you wish, using the QR code.

Write your answer...

0/1 answer(s) submitted here

1 like

Relaxing mug and heart ❤️ are practical, nurturing, mindful and healthy all in one

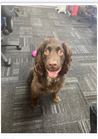
1 like

A dedicated to-one-around-my-lego-place I work from home... ... a dedicated to-one-at-a-day-office.

1 like

My beetle

1 like



1 like

My cat. I'll be doing his nails with this one cuddled over my notes!

1 like

I can feel the heater on

1 like

It are beautiful flowering amaryllis

1 like

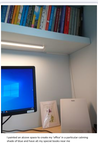
Art in my office

1 like

Bright things

1 like

1 like



I switched an above space to create my 'office' in a particular calming origin of focus and lower the overwhelmed-ness me.

1 like

Beautiful canvas

1 like

A gift from my mum

1 like

Hand and lip cream

1 like

Lunch 🍲

1 like

Spain

1 like

1 like

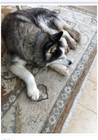
My artwork

1 like

1 like

Biscuits brought to by the team unfortunately

1 like



1 like

Friends

1 like

A nice colour

1 like

Warmth

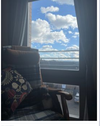
1 like

My cat

1 like

Warmth

1 like



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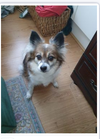


1 like

Dog resting under desk

1 like

Fuzzy outside my window

1 like

My dogs stuff

1 like

Secure space

1 like

Cup of tea

1 like

1 like

Bike - my commute is getting outdoor and riding my motorbike!

1 like

Closed door

1 like

Found objects from nature - shells and pebbles

1 like

Plants! And lots of them

1 like

Dog asleep under desk

1 like

Books

1 like

Cozy jumper

1 like

My green space behind me at work

1 like

Warmth

1 like

1 like

Comfy clothes

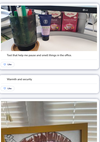
1 like

Physically comfortable temperature in the space

1 like

Garden

1 like



Feel that they can praise and sweat things in the office

1 like

Warmth and security.

1 like

1 like

Pictures of friends and family

1 like

Cup of tea

1 like

A cold icon my head - a warm space

1 like

Twinkle lights outside

1 like

warm jumper made by family member

1 like

Cup of coffee

1 like

Quiet calm space

1 like

Family photos

1 like

Plants

1 like

A book - inspiration and motivation

1 like

View of my garden

1 like

Plants and books

1 like

Quiet

1 like

Spring after dark trees out the window

1 like

Natural light, fresh air

1 like

Blanket on my knee, of home, with a pagan

1 like

A view outside from the safety of my home

1 like

Photos of family

1 like

Wa mad I'm wearing

1 like

My dogs

1 like

Spotlight

1 like

quietness

1 like

Musical instruments and books in my home office

Like

Beautiful painting of my favourite place

Like

Natural light, plants, family photos

Like

Seeing my neighbourhood outside - feeling it's neighbourliness

Like

My work colleagues who are very supportive

Like

Flowers

Like

Security of being in a safe secure space

Like

A cosy space

Like

Child's drawings

Like

My sons artwork

Like

Birds and Trees outside my window

Like

Flowers

Like

photos of family

Like

Polaroid pictures of happy times with my favourite people

Like

Other people being around with good light and viewpoints

Like

Plants

Like

Blue sky

Like

Children's photo and Teddy bear - working from home.

Like

A cup of tea!

Like

my favourite mug

Like

Daylight and views ourside

Like

Plants, art and hot tea

Like

Photos of loved ones

Like

Natural light

Like

Plants and windows

Like

Pictures of loved ones

Like

My cat

Like

Submit