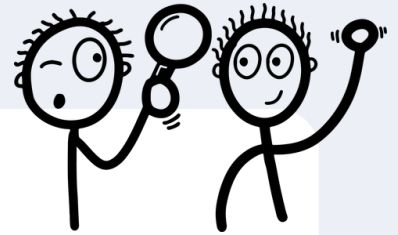


# TOP TIPS ON CREATING SPACE FOR FELT SAFETY

Before someone can engage with worship, teaching, or prayer, their nervous system has to believe the environment is safe.

All the senses can be drawn in to help with this process of safety in our settings.

## SENSE



Some top tips:

- S:** Sound – create calm predictable audio environments
- E:** Environment – use clear visuals warm lighting and signage
- N:** Nurturing touch – Comfortable warm seating, warm drinks and grounding objects
- S:** Space – to move and freedom to step out, sit stand or move
- E:** Explaining what's next for predictability and helps the nervous system to relax.



## SOUND



Sound – “Is the environment gentle on the ears?”

### Why it matters:

Sudden or loud sound can trigger the brain's threat system, particularly for people who have experienced trauma.

### Safety cues:

- Gentle background music before services
- Gradual transitions rather than sudden loud starts
- Clear explanations before loud moments (e.g., worship band starting)
- Quiet spaces available
- Have some ear defenders available for those who are sound sensitive

### Reflection question for leaders:

Could someone who feels anxious stay regulated in this sound environment?

# EXPLAINING

Predictability – Ask your self “Do people know what will happen next?”  
Does our website make it clear what will happen if people come?

## Why it matters:

The nervous system feels safest when environments are predictable and explained.

## Safety cues:

Briefly explaining what will happen during the service  
Consistent structure  
Giving warning before participation  
Explaining unfamiliar practices

## Reflection question for leaders:

How does our website help prepare people for coming here?



# NURTURING TOUCH

Touch – Ask your self : Are there grounding physical experiences?

## Why it matters:

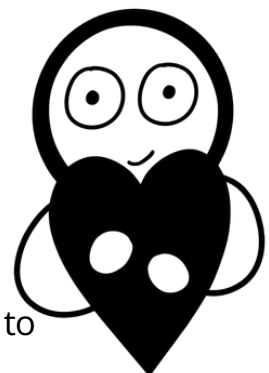
Tactile input can help regulate the nervous system: some strokable blankets and sequin cushions are a simple addition to seating areas.

## Safety cues:

A warm drink is often calming  
Comfortable seating  
Access to blankets or cushions in pastoral spaces  
Holding objects (communion elements, prayer stones)

## Reflection Question for leaders:

What could we do to give people choice in how they experience touch? E.g. Do they want a hug or not, is it appropriate to touch them when we pray for them?



# SPACE

Movement – Ask your self “Is there freedom to move without shame?”

**Why it matters:**

Trauma can make people hyper-aware of being watched or trapped.

**Safety cues:**

Easy access to leave and return

Permission to stand, sit, step out

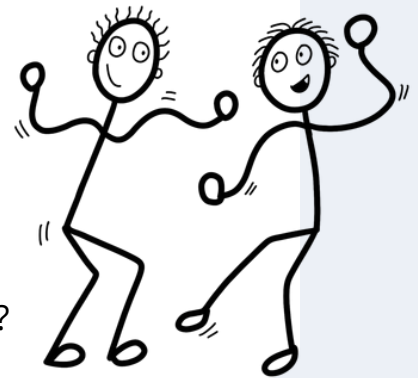
No pressure to participate publicly

Have someone helping people find a seat - yet giving people a choice of where to sit.

Are there caring people available to chat?

**Reflection question for leaders:**

Can someone regulate themselves here without feeling judged?



# ENVIRONMENT

Sight – “Can people easily understand the space?”

**Why it matters:**

The nervous system relaxes when there are calming cues around.

**Safety cues:**

Clear signage

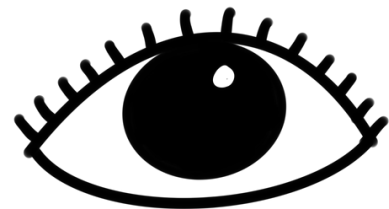
Order of service visible

Warm, comfortable lighting

Not too many flashing lights

Visible exits and facilities

Looks welcoming



**Reflection question:**

Would a newcomer immediately feel calmed and know what is happening here?

For more information about our Pastoral Care Training, contact us via our website  
[www.jointhedotsolutions](http://www.jointhedotsolutions)