

The Four Pillars: S.E.L.F.

Shared Language:

Provides a common way to discuss issues, solve problems, and plan for the future.



Safety

- Physical Safety** - Being safe in your body and safe in the world
- Psychological Safety** - Being safe with yourself
- Social Safety** - Being safe with other people
- Moral Safety** - Being safe and consistent with your conscience, beliefs, and values

Managing Your Emotions

Recognizing and handling feelings in non-harmful ways.

Loss & Change

Recognizing and accepting loss is a difficult process that we all handle differently.

Working to prepare and adapt when asked to make changes.

Promoting an Empowered Future

Making healthier choices and having hope that things can be better.

