SAFE CONTAINER

## ENVIRONMENT

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## ENVIRONMENT

Create a space that is:

- Quiet
- Clean
- Uncluttered
- Private
- Relatively neutral

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## ENVIRONMENT

Create a space that has:

- Comfortable temperature
- Natural air flow
- Appropriate lighting and
- Easy access to the bathroom and the exit

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## ENVIRONMENT

A quiet space may be especially important for individuals with depression, as they often have low serotonin levels, which can cause them to be more sensitive to sound

Cramer and Weintraub (2018)

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Students who have experienced trauma may be startled or triggered by loud noises outside the studio

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Try to minimise noise, but if it happens, to simply name it, such as "*sounds like there is some construction going on outside today*", in order to help students stay grounded in the present moment

Emerson and Hopper (2011)

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This is important because individuals with PTSD often experience:

- hypervigilance,
- an exaggerated startle response,
- triggered responses or
- flashbacks

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A noise outside might be an opportunity to invite your students to notice what arises for them in their body and mind, however this might be overwhelming for some.

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Support to ground themselves by focussing on their body and their breath to help them feel safe would be more beneficial.

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Individuals experiencing anxiety or those with a history of trauma may feel unsafe, or unable to relax if they cannot easily access the bathroom or the exit

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Ensure:

- Bathroom is easily accessible and labelled
- Exit doors are never locked during class
- Yoga mats are not placed in front of doors

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## ENVIRONMENT

Ensure:

- Teaching space is private
- Classes aren't interrupted by others

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## ENVIRONMENT

Natural soft light lighting is ideal for a yoga space

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## ENVIRONMENT

Keep the lights on and consistent throughout class, and don't lower the lights for savasana at the end as this can be triggering for students experiencing PTSD

Emerson and Hopper (2011)

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