

Feeling Settled in Your Own Place

Small changes that can make where you live feel more like yours and less on edge.

WHEN TO USE THIS

Use this if home does not feel restful, even when nothing in particular is wrong.

What would help you feel more settled where you live?

- ☐ A lock or bolt that works
- ☐ A lamp left on at night
- ☐ Curtains or a blind
- ☐ Knowing where everyone is
- ☐ A door I can close
- ☐ My own chair or corner
- ☐ Less noise, or more
- ☐ Something of mine on the wall

Which one will you do first, and when?

Sketch the room you spend most time in. Mark the spot that feels best.

What is the first thing you do when you get home? Does it help?

How much does home feel like yours right now?

0	1	2	3	4	5	6	7	8	9	10
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Not much

Very much

A place can be made safer one small change at a time.

