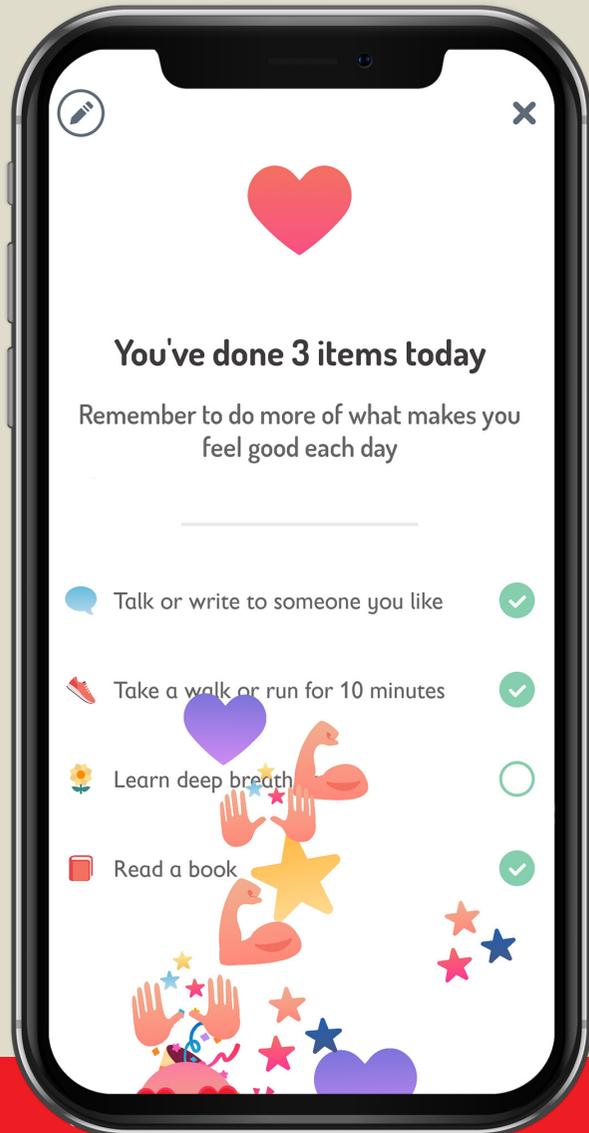


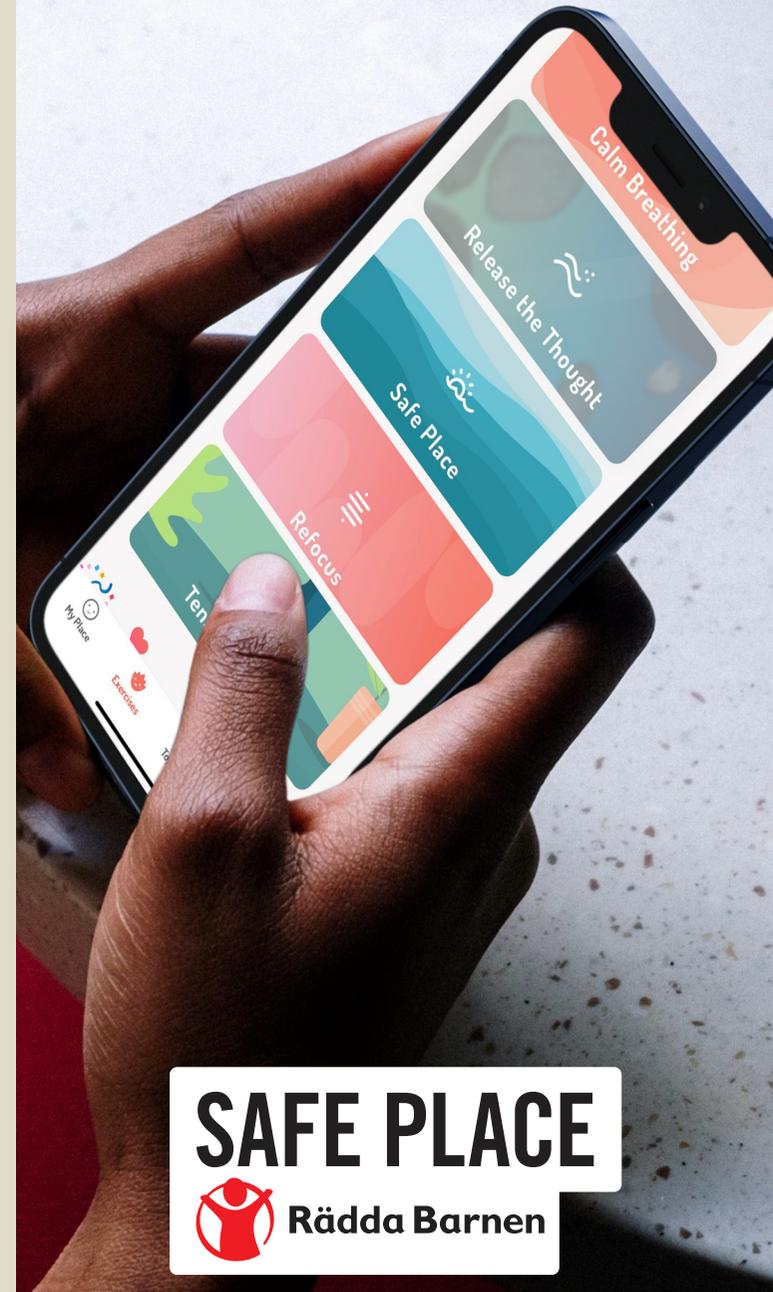
FEEL GOOD LIST

Create your own Feel Good List – things that make you feel good. Get support and encouragement when you're doing your Feel Good activities.



**“I BECAME CALM
FROM THE EXERCISE
IN THE APP”**

– Boy 12 years



SAFE PLACE
Rädda Barnen

Rädda Barnen, 107 88 Stockholm
Telephone: 08-698 90 00 E-mail: kundservice@rb.se
www.raddabarnen.se

AN APP FOR CHILDREN AND YOUNG
PEOPLE FEELING STRESS OR WORRY
AFTER A DIFFICULT EXPERIENCE

WHAT IS SAFE PLACE?

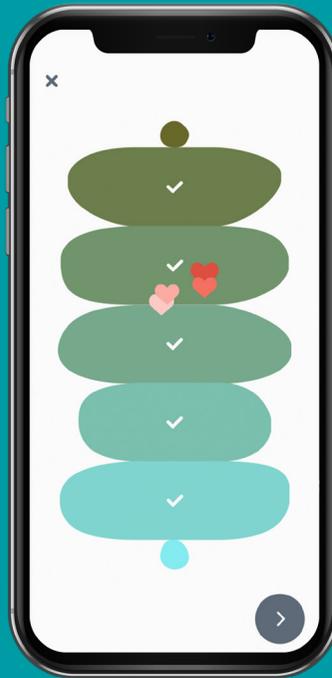
Safe Place is an app for children and young people, featuring simple exercises to help them relax and feel better. The app contains helpful information about stress and difficult feelings. Safe Place is free, anonymous and developed by Save the Children Sweden's Centre for Support & Treatment.

HOW DOES SAFE PLACE WORK?

The exercises are designed to reduce worry and stress. They can help you in the moment, and in the longer term if you do them regularly. For example the exercises can be used to help you wind down and relax for sleep, to calm down when your thoughts or feelings become overwhelming, or when your body feels tense and stressed.

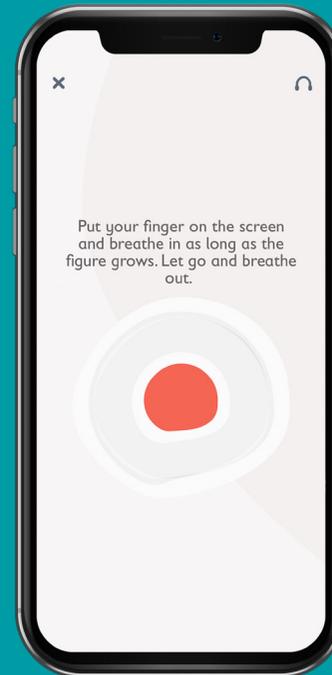


RELAXATION
Help your body to relax.



REFOCUS

Divert your thoughts and rest your brain by sorting the stones by colour.



CALM BREATHING
Take control of your breathing with this exercise.

SUPPORT EACH OTHER!

With the Together function, you can anonymously support and interact with other users.

