

GUIDE TO DAILY SAFETY STATE

TERRY-NORA Method

Introduction

This guide helps you live your day calmly and return your nervous system to the safety state. Use it in the morning, during the day, and in the evening. You can print this and keep it visible at home.

1. Morning – A Calm Start to the Day

1. **Breathe calmly for 2 minutes** Inhale for 4 seconds, exhale for 6 seconds. Let the nervous system settle after the night.
2. **Look at natural light** Open the curtains or go outside. Light activates the nervous system's daytime rhythm.
3. **Say to yourself:** *"Today I proceed calmly."* A short sentence activates the safety state.

2. Day – A Steady Nervous System Rhythm

1. **Take three calm breaks** Morning, afternoon, evening. Each break can be 1–3 minutes.
2. **Recognize overload** If you notice tension, pause for a moment. Place your hand on your chest and breathe deeply.
3. **Short reset** Close your eyes for 10 seconds. Let the nervous system drop its activation level.

3. Evening – Settling for the Night

1. **Avoid strong stimuli** News, loud sounds, bright lights. Give your nervous system a soft landing.
2. **Warm the body** A warm shower, wool socks, or a soft blanket. Warmth activates the safety state.
3. **Calming sentence:** *"I am safe in this moment."*

4. Reducing Stimuli – The Nervous System’s Safety Zone

News and radio

- Watch news only once a day.
- Avoid constant news flow and radio background noise.
- The nervous system does not distinguish real threat from news-related threat.

Phone use

- Keep the phone away from your body most of the day.
- Not in the bedroom, not at the dining table.
- When the phone rests, the nervous system rests.

Social media

- Use only at selected moments.
- No scrolling in bed or instead of breaks.
- Check sources — do not believe everything you see.

Virtual silence

- Have one day a week without news or social media.
- Silence is the deepest safety state for the nervous system.

5. Protecting the Nervous System – What to Stop Completely

Violent movies and series

- Stop watching violent and crime-based content.
- The nervous system reacts as if the threat were real.

Horror and suspense

- Horror keeps the body in alert mode.
- Replace horror with nature documentaries, music, or art.

Video games with violence or competition

- Stop games involving fighting or killing.
- Choose calm building or nature-themed games.

Virtual peace

- Make your home a nervous system sanctuary: no violence, no fear, no constant stimulation.

6. Natural Replacements – Activities of Peace and Life Rhythm

Nature daily

- Go outside every day, even for 10 minutes.
- Look at trees, clouds, water, or flowers.
- Nature is the nervous system's biological safety state.

Calm hobbies

- Painting, music, gardening, crafts, reading, cooking.
- Do things without competition or hurry.

Movement and rhythm

- Light stretching, slow walking, cycling, swimming, dancing.
- Movement is the nervous system's natural regulator.

Social calm

- Meet people who bring safety and peace.
- Avoid conversations filled with fear or anger.

Creative silence

- Have moments without sound, screens, or words.
- Write, draw, or simply be.

7. Weekly Rhythm – 7-Day Safety State Program

Day 1: Calm – A short walk in nature. **Day 2: Breath** – A 2–5 minute breathing exercise.

Day 3: Movement – Light stretching or slow walking. **Day 4: Nature** – Look at trees, flowers, or the sky. **Day 5: Safety** – Write one thing that brings you safety. **Day 6: Clarity** – Clean a small space. **Day 7: Recovery** – Do something that feels soft and good.

8. Core Principles of the Safety State

- The nervous system calms through rhythm, not force.
- Small moments are more effective than long exercises.
- Nature, light, and warmth are allies of the nervous system.
- A calm sentence activates the safety state quickly.

9. Safety Between People – Peace of the Heart

See the good in others

- Notice something good in each person: kindness, humor, skill, warmth.
- Forget the negative — we all have flaws.
- Seeing the good calms your nervous system and opens your heart.
- Finding good in others helps you feel well yourself.

Give surprises and small gifts

- Give a gift or card without the other expecting it.
- Surprise activates safety and joy in both nervous systems.
- The gift does not need to be big — the thought and warmth matter.
- Joy comes from giving, not quantity.

Enjoy everything beautiful

- Look at colors, light, art, nature, music.
- Beauty restores the nervous system and reminds you that life is good.
- Pause and say quietly: *“This is beautiful.”*
- When you learn to see beauty, fear loses its power.

10. Final Questions (TERRY–NORA Method)

What did I learn from this? Write a short answer.

How do I apply this in my work and in my life? Write one practical action.

11. Do You Need Support?

If anything remains unclear, you can ask your teacher. I am here for you.