

## Week 6

Create the world you want at home: Build your Sanctuary  
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Sanctuary: Psychologists refer to this as the ability to be safe, to be safe with oneself. To be able to rely on one's own ability to self protect against disruptive impulses, to keep out of harm's way, to keep away from those who might harm--certainly physically, but mentally as well.

A sanctuary, similar to a refuge, is a private place where you can gather your thoughts/feelings without being disturbed, where you can feel safe. It allows you to take a deep breath and feel protected from outside distractions.

A sanctuary can be environmental and emotional. So the question to ask is, "Who has time and ability to create a sanctuary?" The answer: we all do.

A sanctuary is a spot or time that can become essential to maintaining control and peace of mind. The sanctuary offers escape, privacy, comfort, and a good distraction.

For children the goal is to stop/pause/examine/disrupt the pattern of negative thoughts/behaviors. This might help to perhaps disrupt fears, anxieties, or behaviors.

How to help children create that sanctuary:

1. Start with what the child likes (if the child likes places or times away), use that as a starting place in creating a sanctuary.
2. The sanctuary can be inside the home or outside in nature. It can be a spot in the outside environment or a walk through the outside, etc.
3. If the child has a hobby, create a sanctuary spot that includes hobby activities. Research shows us that a hobby can trigger a tension relieving response, perhaps helping with calm.
4. Make sure the hobby area is safe, includes all equipment of the hobby.
5. The sanctuary might include pictures, music, natural light, scents, flowers, plants, reading material etc.

A reminder: a sanctuary can be physical (a place) as well as mental (an emotional state of being).