You will find below a series of words and phrases designed to ground those who are attending, and those who are taking the service.

Trauma can often feel overwhelming, and we have found that simply putting up these affirming words and phrases around the church, in direct eye line can help to reduce that stress, reminding all of us that we are in a safe space.

Peace

Breathe

Calm

Feel the ground beneath your feet

Count butterflies

Feel the texture of the skin on your hands

Notice the colours around you

Strength

You will Not be overwhelmed.

You are Safe

You are not alone.