

Your Feelings Are Safe With Me

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH

What Is a Safe Emotional Space?

A safe emotional space is a space where sharing and expression of feelings/emotions happen in a caring, supportive and non-judgmental manner.

Why Is a Safe Emotional Space Important?

It normalizes feelings and reduces shame

Encourages healthy relationships

Helps build self-esteem

Promotes good mental and emotional health

What Can You Do?

- Praise your child/teen for sharing their feelings.
- Tune into cues (body language).
- Try to understand the feeling behind the behavior.
- Ask questions, and try not to probe.
- Practice relaxation techniques with your teen (mindfulness, yoga, relaxation music, deep breathing, and more).
- Healthy modeling and self-regulations of your own feelings.
- Discuss significant events in a way your child can understand.



*"Life is a very emotional experience."
- Tony Goldwyn*

1. <https://www.parentteenconnect.org/communication/>
<https://familydoctor.org/understanding-your-teens-emotional-health/>

