**What are the situations in life that make you feel most relaxed?**

Being on holiday

Sunshine in nature walks in the woods

Cleaning, socialising with close friends, watching tv with no phones

Long walks

Familiarity. At home, doing what I want to do

Sitting by myself in bed. Or being with the people I trust the most who make me feel safe

Being in bed. Spending time with the people I really feel comfortable with

When I’m with my close friends or my boyfriend just chilling

When I’m alone listening to music when having a stressful day

Being with family, close friends. Eating together. Or completely alone and relaxing knowing all is well with loved ones

**What are the situations in life that make you feel the least relaxed?**

Work stress

Being around people with bad energy, also being late

Overwhelmed at work, seeing family

Arguments

Having to put on a front – pretending I’m confident / professional. Places and people I don’t know

When I’m around people that I can’t predict. I like to feel like I have some control or influence over a situation, because when I don’t I can’t prepare

Being surrounded by people that are not genuine

University of exams

When I’m involved in a problem that I’ve been dragged into

Difficult situations with people. At work when teams are not getting on, or when I am not getting on with someone else, or socially when I have arranged an event and worry about how everyone is enjoying it or getting on together

**Describe what the word danger means to you**

Not being safe

Danger to me means veering from social norms in a way that could be perceived as unsafe

Feeling an overwhelming sense of threat with capability to cause harm

A realistic threat of harm

The butterflies in your stomach feeling. Feeling and knowing something isn’t right in the pit of your tummy

Danger is when I do something that I can’t fix myself. It’s when I’ve put myself in a vulnerable position – whether it be with another person or up against the elements

When one’s life is threatened or there is a possibility of getting hurt

It’s scary, makes me feel anxious

When you’re at risk of losing something good

A threat to the balance of life – to those closest to me, or life feeling out of control and beyond my power to put right

**Describe how your body feels when in a dangerous or potentially dangerous situation**

Like a sickness in my stomach and butterflies

Excited, anxious, tingly, tight and full of life

Nervous, sweaty, shakey hands

Full of adrenaline, heart pumping, like my skin is fizzing and shimmering

Anxious feeling in head, stomach, heart racing. Generally very aware of everything around me

Usually get a funny tummy. I try to hide the fear that I’m feeling and calm my breath, but there’s a certain fear that runs down your spine that you can’t control

Uncomfortable, sweaty, I just wanna leave

I can notice my breathing changing faster or slower. Out of body experience

Anxious heartbeat

Feeling of panic, chest pains, shortness of breath, feeling hot, headaches. But sometimes deep despair and inability to do anything at all, a kind of shutting down

**Describe a time that you have been outside of your comfort zone**

On a flight with turbulence

Every time I leave my bed. Men

Delivering training to 25 people at work on a topic I am not passionate about

Having to phone an important client at work with 0 prep

I flew to America to work for the summer, by myself, not knowing one or what was going to happen when I got off the plane. It was the most out of character thing I have ever done.

When I’m vulnerable with people. When I try new things and I don’t know if I’ll be good at them.

When presenting a project. I was nervous, heart was pounding and sweaty

Performing

When I pretend to be someone I’m not

Mental challenges the start of the pandemic when I thought my family would be ill or have their work or study badly affected, also when I felt helpless to help someone else.