

Emotional Safety Guidance for Contributors

Before you share

Take a moment to pause, breathe, and check in with yourself. You only need to share what feels safe today.

During submission

- Move slowly
- Take breaks
- Skip questions that feel difficult
- Stop entirely if needed

After submission

You may wish to:

- step away from your screen
- drink water
- take a grounding breath
- talk to a colleague or friend if needed

The Fear and Joy Project is a reflective space, not a therapeutic one. If you feel distressed, consider reaching out to a trusted support network or professional resource.