

FREE TO MOVE



SAFETY MINISERIES

WORKBOOK

WE ARE FREE TO... BREATHE

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Introduction



FREE TO MOVE

Hello!

As a former librarian, I view the world through two essential lenses: equity of access and intellectual freedom. Free to Move is built on the belief that all women—regardless of background, identity, or circumstance—deserve access to the information and resources needed for safer outdoor movement.

There should be no barriers to education about our safety. This miniseries is just the beginning of our commitment to making safety knowledge equitable, accessible, and actionable for all.

Thank you for being part of this work and for helping create a world where women can move freely and confidently.

For Alyssa.
For all womankind.

Abby Lokits

Executive Director
hello@wearefreetomove.org
@wearefreetomove





Goals

1

Learn your body's built-in response to moments of stress: fight, flight, freeze or fawn.

2

Help you identify your personal triggers and innate, physical responses to stress.

3

Equip you with a diaphragmatic breathing technique and create a daily practice plan.

Let's focus on one of the most powerful tools for confidence in moments of stress—**awareness and control of your breath.**

This simple tool has the power to regulate your nervous system.



Set the Scene

GET COMFY

Create an environment that promotes physical and social comfort—a comfy seat, relaxed clothing and a non-judgmental tone will set you up for success.

CREATE SPACE

Have writing materials for notes and journaling. Don't rush any part of the process. Candidly share and reflect. We are doing the good work to grow in awareness and learn tools to reclaim calm.



Reclaim your calm.

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Practice



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WATCH THE VIDEO

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Post-Video Practice

Let's practice connecting to our breath while we feel safe and at rest so we can come back to this powerful tool and respond quickly in moments of fight, flight, freeze or fawn.

First,

Sit or stand in a comfortable position. Place one hand on your stomach and one on your chest.

Relax your stomach. As you breathe in, feel your stomach rise like inflating a balloon.

Then,

Inhale through your nose... 1, 2, 3, 4.

Now exhale slowly through your mouth... 1, 2, 3, 4, 5, 6 - like air leaving a balloon.

Repeat for 2-3 rounds.



Daily Practice Plan

Intentionally schedule time each day this week to practice diaphragmatic breathing. Set reminders. Consider pairing practice with other habits such as brushing your teeth.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MODULE

Reflection



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Reflection

Your ability to respond in moments of crisis is driven by your body's natural wiring. Take a few moments to consider and identify your unique wiring so you can purposefully retrain.

What is the flight/fight/freeze/fawn response?

What is my body's go-to response?

Reflection

How do I know physically, mentally, and emotionally when I feel triggered?

What is my daily breath practice plan to increase body awareness and self regulation?

What's Next...

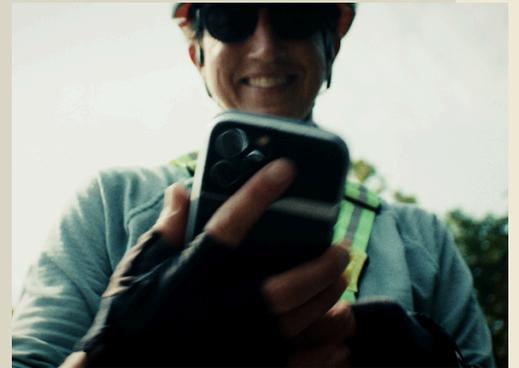


TRUST OURSELVES

Your body has innate tools to help protect you in moments of stress. We want to empower you to understand what those signals are, and how to listen to them.

PREPARE

Preparation isn't about overthinking. It is about taking strategic action to be as safe as possible and enjoy the physical *and* mental benefits of outdoor exercise.



BE AWARE

This week, we'll explore not only what awareness looks like, but also how it feels —and how it can support us in daily life.

For more resources check out our website wearefreetomove.org

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A person with long dark hair, wearing a light-colored shirt and purple pants, is walking away from the camera on a wooden bridge. The bridge has a wooden railing and spans across a lush green forest. The trees are dense and vibrant, suggesting a healthy, natural environment. The lighting is soft, possibly from the late afternoon or early morning, creating a warm and serene atmosphere.

SAFETY
STARTS
WITH
connection
TO OUR
bodies.

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