FREE TO MOVE

SAFETY MINISERIES

WORKBOOK

WE ARE FREE TO... TRUST OURSELVES

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Introduction

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
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Goals

1	2	3
Differentiate between body sensations associated with “calm” vs. “feeling off”	Increase self-awareness of personal, present physical cues	Practice tree grounding technique and create an incorporated movement plan.

Our bodies were designed with innate tools to help protect us in moments of stress. We want to empower you to understand what those signals are, and how to listen to them.

Learning to trust our bodies is our most valuable tool for safety.

Set the Scene

GET OUTSIDE

Choose to practice these tools in an outdoor environment. Consider starting with some gentle stretching, walking, or other movement.

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.

Ground yourself.

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Practice

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Post-Video Practice

Let’s practice the tree grounding exercise from the video. Being present in the body starts with non-judgement. When focus wanders, simply bring focus back to the body and the feet.

First,

Imagine tree roots growing from your feet deep into the earth. Feel roots reaching out from your heels, the balls of your feet, and your toes.

Picture the roots spreading out underneath of you.

Your feet sink down into the floor as the floor rises up to meet your feet.

Then,

Pause and visualize.

Stay with the practice for another 3 to 5 intentional breaths.

Daily Practice Plan

Intentionally schedule time each day this week to practice your tree grounding. 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.

How do I tune into my body’s cues?

What is the difference between calm and discomfort in my body?

Reflection

Are there certain body sensations associate with my past triggers? What are they?

What works for me to bring myself back to a state of calm?

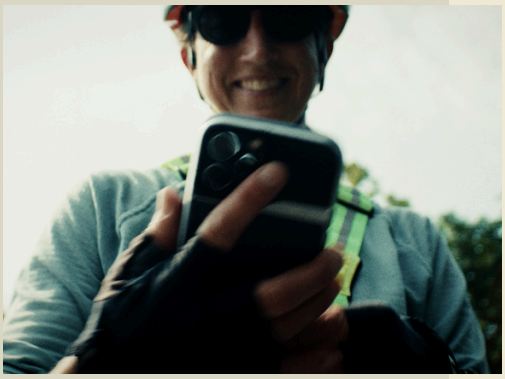
What's Next...

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.

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.



MAKE NOISE

We're not being rude when we speak up, we're being clear. Your voice is a powerful boundary tool. We will practice making noise as an important reactive safety skill.

For more resources check out our website wearefreetomove.org


LEARNING TO
trust OUR
BODIES IS OUR
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SAFETY.