

The Currency of Safety

Description

*â??Maybe we can /
Find a place to feel good /
And we can treat people with kindnessâ?• â?? [â??Treat People With Kindnessâ?• by Harry Styles](#)*

Last weekend, one of my dearest friends was in town visiting. She told me she had taken a self-defense class that morning, and while she appreciated what she learned, the whole experience left her feeling *less safe*. Instead of feeling empowered, she felt frustrated- salty, even- that this was something she had to sacrifice her cherished Saturday morning for, something she felt she *had to do* in order to protect herself.

Her experience got me thinking: What does it *really* mean to feel safe?

Safety isnâ??t just about physical protection- itâ??s about feeling a sense of security in who we are, in our surroundings, our workplaces, our communities, in our daily interactions. In a world where so many are feeling heightened uncertainty, particularly those from historically marginalized communities, safety can feel fragile- like something that must be actively protected and nurtured.

Thatâ??s why itâ??s more important than ever to ask ourselves, ***how can we create safety for one another?***

But at the heart of it really- ***why canâ??t we just treat people with kindness?***

Safety is something valuable, exchanged, and necessary for meaningful human interactions- almost like a form of social currency. When we offer safety to others, we strengthen trust, deepen connections, and create environments where people can truly thrive.

Psychological safety is the foundation of strong teams, friendships, and communities. Itâ??s built through kindness, inclusion, respect, and the everyday ways we signal to others: **You matter. You are seen. You belong here.** No human deserves to feel otherwise.

So today, I invite you to reflect on the following:

- *What are the everyday ways you are signaling this to others? Your team members, friends, strangers on the street?*
- *When was the last time you thought about what makes you feel safe?*
- *How can you be a source of safety for someone else- through your words, actions, and presence?*
- *What do kindness and inclusion really mean in your daily interactions?*

I have traveled all around this planet of ours, and from my perspective what makes it so beautiful is its diversity. What makes life rich is the variety among us. And research consistently shows that what makes high performing organizations thrive, is diversity of thought within teams, leading to greater innovation, stronger decision making, and better outcomes.

In times of uncertainty, we all have the power to create spaces where others feel respected, valued, and safe. Let's lead with kindness, listen with empathy, and ensure that no one around us feels invisible.

Category

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Tags

1. empathy
2. inclusion
3. kindness
4. perspective taking
5. respect
6. safety
7. understanding
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Date Created

2025/02/27