

Safe/calm place imagery

1. Find a relaxed and comfortable position, sitting upright in a chair or on the floor, hands resting wherever comfortable.
2. Think of a place or an image that helps you to feel safe and/or calm.
3. With eyes open or closed, notice the physical sensation of your breath as it enters and leaves the body.
4. Bring your place to mind and notice what you can see, hear, smell, and feel in as much detail as possible.
5. Notice the emotions that come up and how your body responds.
6. Gently ask yourself, what it is about this place that is important?
7. Give your place a name or a word.
8. Repeat the word in your mind as you visualise yourself in your calm/safe place.
9. Repeat until you are ready to go about your day.
10. Finally, take a moment to notice your thoughts and feelings. Stretch your body, take a breath and ask yourself, what would be helpful for you to do now?