

visualisation

Imagine an outdoor place where you can feel calm, peaceful and safe.

It may be a
place you've been to before, somewhere you've dreamt about going
to, or maybe
somewhere you've seen a picture of.

Focus on what you can see in this peaceful place

- Notice colours, shapes, movement, light and texture in this place
- Now notice the sounds that are around you.
- Think about any smells you notice there.
- Then focus on any skin sensations - the earth beneath you, the temperature,
any movement of air, anything else you can touch.

Now whilst you're in your peaceful place, you might choose to give it
a name,

whether one word or a phrase that you can use to bring that image
back, anytime
you need to.

You can choose to linger there a while, just enjoying the calm and
pes. You can leave
whenever you want to, just by opening your eyes and being aware of
where you are
now.

