

CALM HAPPY PLACE

Your Calm Happy Place can help you access your soothing system and feel calm, peaceful, safe, content and connected.

In this visualisation, you will imagine yourself in a place you associate with positive feelings. It could be a real place, a place you may actually have been to, for example a beautiful spot in nature or a comforting area/room within your own home.

You may know the place well or have never seen it before. It may be somewhere you've dreamed about going to, somewhere you've seen a picture of, seen in a movie, or read about in a book. It could even be a completely imaginary place.

Take time to build an image of your calm, happy place in your mind.

Once you have a good sense of it, imagine looking around you and noticing all the things you can see.

Look down towards the ground and see what's beneath your feet, and upwards to see what's above you.

Pay attention to any sounds you can hear; are they nearby and further away?

Look around you for things you can feel, touch, pick up or hold. Are they heavy or light? Smooth or textured? Warm or cool?

Notice the temperature of the air around you, how soothing it is.

Notice whether there are any comforting smells present.

Notice the pleasant physical sensations in your body whilst you enjoy this place.

You can choose to linger there a while, just enjoying the peacefulness and serenity.

You can leave whenever you want to, just by opening your eyes and being aware of where you are now and bringing yourself back to alertness in the 'here and now'.

