

MINDFULNESS PRACTICE: CALM/SAFE PLACE

Imagine a place where you can feel calm, comfortable, peaceful, or safe. It may be a place you've been to before, somewhere dreamed about or seen in a movie, somewhere you've seen a picture of, or just a peaceful place you can create with your imagination.

TOUCH

What is around or connected to your body.
How does it feel?

HEAR

Notice the sounds around you, or even perhaps the silence. Sounds far away and those near.

TASTE

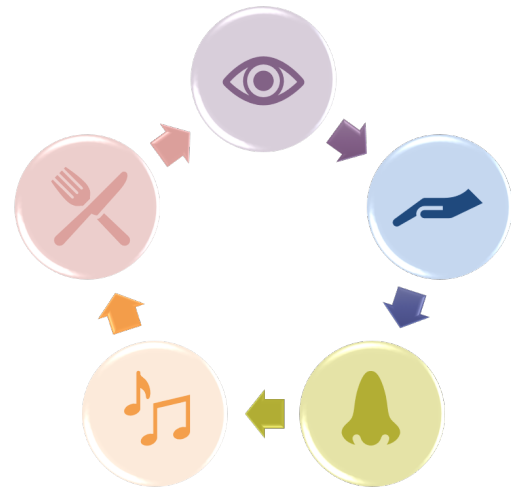
Notice the texture, is it sweet, salty, savory?
Notice any sensations in your mouth.

SEE

Look around. Notice the colors, objects,
movement, sizes.

SMELL

Look around. Notice the colors, objects,
movement, sizes.



- Focus in on these five sensations. While you notice these things, you might choose to give your place a name. Choose one word or a phrase that will help bring that image back to mind, anytime you need it.
- Now take a deep breath in and take one last look around. Turn down the volume on the sounds, dim the colors, make the images smaller and take one deep breathe in. Slowly let your breath out and begin to open your eyes.
- Practice revisiting this place by using the cue word or phrase. Try to practice once a day recalling the place with the cue word and relaxing your body.