A calm place in your mind

A guided exercise for imagining a calm place in detail.

Your body responds to what you imagine. Picture biting into a lemon and your mouth waters. In the same way, picturing a calm place in detail can settle your body down.

Steps

1. Sit comfortably and take a few slow breaths.
2. Bring to mind a place where you feel calm and at ease. It can be real or made up: a beach, a hillside, a room, a garden. Somewhere with no difficult memories attached.
3. Look around it. What can you see? Colours, light, the time of day?
4. What can you hear? What can you smell? What is the air like on your skin?
5. Notice where you feel the calm in your body. Let it spread.
6. Give the place a name or a cue word.
7. Stay for a few minutes. When you are ready, bring your attention back to the room.

If the image changes or something unwelcome appears, you can alter it, as you would edit a film. It is your place. If no place feels safe, try imagining a calm activity or a kind presence instead.

What I can see

What I can hear

What I can smell and feel

Where I feel calm in my body

My cue word or name for this place

When could I use this? What did I notice when I practised?

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