

## Safe Place imagery

- Sit in a comfortable position and spend a few moments focusing on your breath, allowing your body to gradually relax.
- Focus your attention on imagining you are in your safe place, this is a peaceful place where you feel safe and calm. It could be a real place you have visited or an imaginary place.
- Bring your attention to the things you can see around you (trees, the sky, the sea) spend a few minutes focusing on the colours (dark, light, bright, blended).
- Move your attention to focus on any smells (flowers, scent in the air, grass) spend a few minutes focusing on the smells
- Move your attention to any sounds in your safe place (birds singing, rustling trees) spend a few minutes focusing on the sounds
- Move your attention to any sensations you can feel in your safe place (ground beneath your feet, breeze on your face, warm, cold) spend a few minutes focusing on the sensations
- You may want to move around your safe place, sit somewhere different or lay down. Spend some time in your safe place noticing how peaceful it is and how relaxed you feel.



When you are ready, leave your safe place knowing you can return at any time.

It can be useful to practice safe place imagery before going to sleep and in the morning, or when feeling distressed.