

SAFE HAVEN



Think about a special place where you feel safe, peaceful, calm, relaxed, and happy. Completely free from any worries.

Your special place can be a real memory, desert island, garden or a new fantasy world.



Take time to think about the following things:

- What can you see ~ images, buildings, flowers, clouds, sky, colours etc
- What can you hear ~ voices, animals, vehicles etc
- What can you touch/feel ~ sand, water, grass, warm sunshine
- What can you taste ~ ice-cream, favourite food, favourite drink
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Your safe place is special to you, think about the people you want to be there, or you may want to be alone.

Close your eyes and imagine all of the above images, breathing slowly in through your nose and out through your mouth, feeling your body relax.

An extension of this activity is to draw ~ paint ~ or make a collage of your special place. You might want to just talk about it.

Every time you feel worried or upset take yourself back to your special place to help you feel better by thinking about it or looking at your picture.