

Creating a Special Place in Your Mind

One way of relaxing is to create a special place in your mind you can go to when you want to relax. A special place might be at the end of a path that leads to water. You could imagine grass under your feet, water about 30 metres away and mountains in the distance. You can feel the coolness of the air in this shady spot. A bird is singing. The sun is bright and warm on the water. There may be the sound of insects and birds.

Read the passage below. Pause where the dots are to imagine the scene in your mind. After you have read this a few times, try creating the scene in your mind without reading the script.

Try and create a special place right now. To go to your safe place, make yourself comfortable. (Close your eyes and slow your breathing) ... In your mind, walk slowly to a quiet place ... Your place can be inside or outside ... It just needs to be peaceful and safe ... Look around ... What do you see? What is it about this place that makes it special and peaceful for you? ... What can you hear? Notice all the different sounds in your special place... How does it feel to be in this place? Notice the peace and relaxation you can feel in this place... What can you smell?... Make the temperature comfortable ... Be safe here ... Look around for your favourite spot in your special place... Feel your feet on the ground ... Look above you ... Keep noticing what you see ... what you hear ... and what you smell ... Walk around until you find a special, comfortable, safe place where you can stop for a little while. . . . This is your special place – Sit or lie in your special place for a few minutes ... Notice its smells, sounds, sights ... This is your place and nothing can harm you here... Spend a few moments realizing you are relaxed, safe and comfortable. _ You can come back and relax here whenever you want ... When you are ready you can leave by the same path or entrance ... Again, notice the ground, touch things near you ... Look far away and appreciate the view ... Remind yourself this special place you created can be entered whenever you wish. Say to yourself: "I can relax here," or "This is my special place. I can come here whenever I wish". . . . Now open your eyes and spend a few seconds appreciating your relaxation.