



# Peaceful Place



The "Peaceful Place" technique involves imagining a peaceful and calming environment, such as a beach, forest, or mountain, and using your senses to create a vivid and detailed mental image. By doing this, you can create a mental retreat where you can go to relax and reduce stress and anxiety.

## Instructions

1. Find a quiet and comfortable space where you can sit or lie down without any distractions.
2. Take a few deep breaths, focusing on your breath as it enters and leaves your body.
3. Begin by imagining a peaceful and calming environment that feels safe and comforting to you. This could be a beach, forest, or mountain, or any other location that you find calming.
4. Use your senses to create a vivid and detailed mental image of this environment. What do you see, hear, smell, and feel? Imagine the textures and colors of your surroundings, and listen to the sounds around you.
5. Spend some time in this peaceful place, noticing the sensations in your body as you relax and breathe deeply.
6. When you are ready to leave your peaceful place, take a few deep breaths and slowly open your eyes.

### Tips:

- Try to do the peaceful place visualization at the same time each day to create a routine and make it a habit.
- Use all of your senses to create a vivid and detailed mental image of your peaceful place.
- Don't worry if your mind wanders – simply bring your attention back to your peaceful place and continue to focus on your senses.
- If you find it difficult to create a mental image, try looking at a photograph or picture that represents your peaceful place.
- Finally, remember that the peaceful place visualization technique is a practice, so don't worry if you don't get it right the first time.

For full guided video practice, please click or scan the QR code

