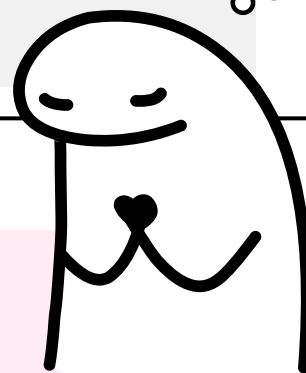
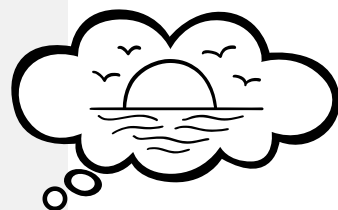


Peaceful Place

Peaceful place, or **guided imagery**, is a way to use your imagination to help your body and mind feel calm. When we imagine a calm place, our brain and body can start to relax, almost as if we are really there. This can help slow down strong feelings, reduce stress, and help you feel more in control. You can practice this anytime you need a break or want to feel relaxed.

Description:

Peaceful Place means imagining or remembering a place where you feel peaceful or happy and picturing it in as much detail as you can.



How to do Peaceful Place

Step 1

Get into a relaxed position, either sitting or lying down. Close your eyes if you feel comfortable doing so or let your eyes focus on a single point.

Step 2

Take a few slow, deep breaths in through your nose and out through your mouth.

Step 3

Think of a peaceful place. This could be a real place you have been, or a place that only exists in your imagination. It could be a forest, a castle, a beach, a park, your room, or anywhere that feels good to you.

Step 4

Picture the place in your mind. Try to imagine what it looks like. What colors do you see? What is around you?

Step 5

Use your senses. Notice what you might hear, smell, or feel in this place. Is it warm or cool? Is there a breeze blowing, or sun shining? Are there sounds like waves or leaves rustling?

Step 6

Who is in your peaceful place with you? Are you alone? Are there any kind animals there with you?

Step 7

Spend a few minutes in your peaceful place. If your mind wanders, gently bring it back to your peaceful place.

Step 8

When you are ready, take a deep breath and slowly bring your attention back to where you are. Notice how your body and mind feel now.

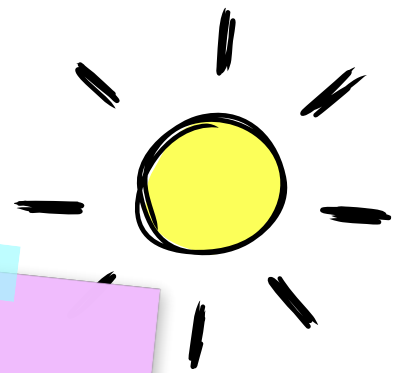
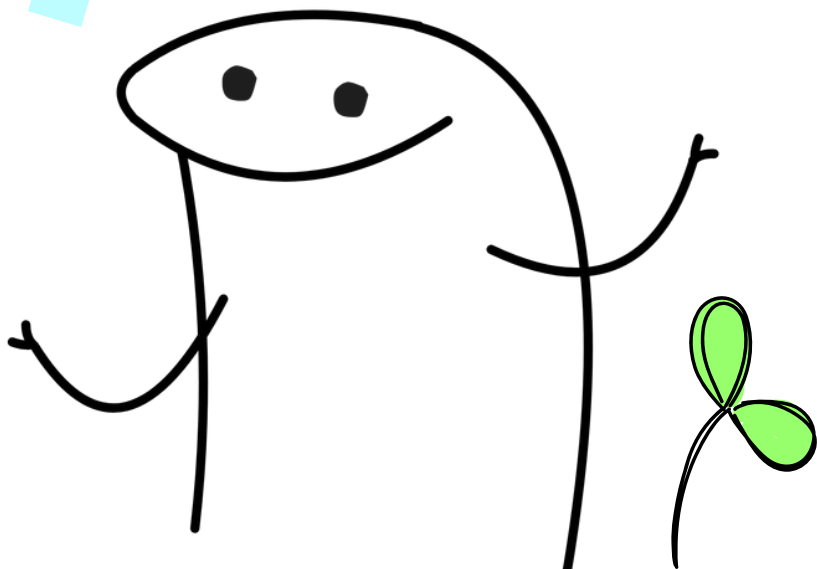
Peaceful Place

Key Tip!

Because it is difficult to learn new things when we are feeling stressed, it's best to learn and practice new coping skills when you are feeling calm. Practice several times so you are prepared to use this skill when you need it.

Note:

Remember you can return to your peaceful place anytime, whenever you want to feel more calm.



Additional information for caregivers

Younger Children

Adults can help teach this skill to younger children, who may have an easier time being guided through a visualization, like a short story or an adventure to keep them engaged. Additionally, rather than being told to think of a place on their own, adults can provide some examples of places such as a nearby park, or their bedroom. Having children draw their peaceful place can also help them imagine and connect to it.

Adults

Coping skills like this one are helpful for adults as well. Practicing guided imagery can help adults calm their own minds and model the activity for their children.

